

## Roasting A Turkey

It's getting to be the time of year when I regret the loss of buying a proper turkey, known as New York Dressed. I wrote a post called "The Poultry Police" that you might wish to check out. We really enjoy a proper and properly cooked turkey. Sadly, we normally don't bother anymore due to the unavailability of New York Dressed birds these days in B. C. If you know a "grower" for God's sake, let me know!

That being said, I look back with fond memories of the New Dressed turkey dinners we had in the past. Every chef has their method of how to cook a turkey. Here's how I do it. You will see that for the most part the turkey is roasted breast down. What this does is to make the turkey self-basting & cooks it faster. All the juices melt down into the breast! No basting you say!

### To Roast The Turkey:

Remove the turkey from the fridge 1 hour before cooking. **Set aside the neck & giblets to make your gravy\*\***. You can make the stock for the gravy the day before, keep in the fridge until an hour before you want to make your delicious gravy.

Preheat the oven to 450 F.

If you are stuffing your turkey, do it now. Truss it up with skewers and kitchen twine. Rub the bird all over with EVO & season liberally with kosher or sea salt & freshly ground pepper. Place turkey, breast down on a rack set in a roasting pan. Immediately place into the preheated oven, **turning down the heat to 350 F for smaller turkeys and 325 F for birds over 12 pounds**. Roast for 12 - 15 minutes per pound. You can always add time, if needed. Halfway through roasting, rotate the turkey in the oven and continue roasting. Check the turkey, 1 hour before your estimated roasting time is up, with a instant-read thermometer, the temperature needs to be 165 F at the thickest part of the inner thigh muscle (not touching bone). At this point, if you wish, you can turn the turkey over, baste & return to the oven until it is cooked, basting once more. It might only need to cook for 30 – 45 minutes. When done, remove from the oven and let stand 1/2 hour before carving. Old cookbooks ask for 180 to 185 F internal temperature, but that is way too long and you will, indeed, end up with the proverbial “overcooked, dry turkey”.

**\*\*To make the "base/stock" for your gravy; chop up the some of the liver, the giblets & the heart. Wipe the neck with paper towels. Heat up a sauté pan; add 1 Tbsp. each oil & butter & brown the neck on both sides. Add in the chopped up bits; sauté them until lightly browned; add 1/2 a medium onion, one small diced carrot, 1 stalk diced celery & sauté until softened; add a couple of sprigs of fresh thyme, 1 bay leaf, a couple sprigs of Italian (flat leaf) parsley, 6 black peppercorns & 2 cups of chicken stock or water. Bring to a boil; cover & turn heat to simmer; simmer for 2 hrs. Let the base cool; strain into a bowl with a sieve; place in the fridge until ready to make your gravy, the fat will harden on the top; remove it before using. Secret: cats love the meat off the neck & I admit it here, so do we!**

Jamie Oliver has a neat tip for keeping the bird hot for an hour. If you did not see the programme, what he did was cover the turkey with 2 layers of tin foil, then lay 2 tea towels over top. We did it and it works!