

**PENNY SAVER NEWS**

FAX: 932-5261

December 30, 2005

BY: Mary A. Keith, Ph.D., L.D.  
Food, Nutrition and Health Agent**HILLSBOROUGH COUNTY**

5339 S. County Road 579

Seffner, FL 33584-3334

PH:(813)744-5519 x 136, FAX:744-5776  
e-mail:makeith@ifas.ufl.edu

### Heating Up the New Year

So, was there a new deep fat turkey fryer on your patio on Christmas morning? Whether yours is brand new with the big red bow still attached, or is all ready a veteran of several dinners, fix up the safety before you fire up the fryer.

Read the safety instructions carefully before you do anything else! Be sure you understand and can easily follow the steps for turning it off, and on. Look to see if it has a thermostat. Most don't, so you have to adjust the heat to control the temperature. Are you able to do that easily?

Another thing that most fryers don't have is a wide, stable base. That means they tip over too easily. Before you fill it up with oil get an idea of how easy it will fall. Fill it with water then give it a bump. (Do this outside, unless you plan to mop the floor!) If you have small children around the house, think about them. Do you think one of them could knock it over? Remember, it will stay hot and hazardous for hours after you turn the fire off. If you can easily overturn it with one hand, they can probably push it over too. Exchanging it for a different model might be an improvement.

Unless the gift-giver thought ahead and included the accessories you need, you may need a shopping trip before you cook. Be sure you have: a food thermometer to tell when it's done; a candy thermometer to keep track of the temperature of the oil; long, insulated cooking mitts to protect your arms and hands; pot holders; and most important of all - a fire extinguisher for oil fires. Safety goggles are also a good idea, to protect your eyes from spatters.

You'll need about 5 gallons of oil for frying. Canola, peanut and sunflower oils can all stand the high heat without smoking. You can mix them if you want. Canola is better for your health because it has the least saturated fat. Peanut oil tastes best, but some people are allergic to peanuts. Peanut oil also needs to be refrigerated if you plan to keep it for more than a month after first use.

Decide how much you'll need by putting the turkey in the pot and adding enough water to cover it by 1 to 2 inches. Remove the turkey, then measure the water. Mark the level on the side of the pot, then add oil to that line when you cook.

Plan carefully where you intend to cook. It should be outside the house and garage, on a level surface. Don't cook on a wood floor, it can burn. Concrete floors are not a good idea either, because any dripping oil will stain them.

Finally, where's the turkey!? Be sure the turkey is completely thawed, and patted dry. You know how butter sizzles in a frying pan? A damp turkey is going to sizzle and bubble a thousand times more! Bubbling oil means a spill-over and fire. If you want a marinade to add flavor, use an injector to get the moisture inside the meat. You can't safely stuff the turkey for frying.

Smaller, 8 to 10 pound turkeys work best. Bigger ones are too large for the pot, too heavy to handle, and take too long to cook. The outside will be overdone before the inside is safe. The breast meat must reach 170°, the thigh must be 180° F. Cook until the right temperature is reached. Whole turkeys need about 3 minutes per pound, turkey parts need 4 - 5 minutes. Chickens need about 9 minutes per pound, because the oil can't circulate inside the small cavity as easily. Keep the oil at about 360 - 375°F. Let the oil drain for 20 to 30 minutes before you carve it.

This week's recipe is a Florida version of mulled cider, a nice warm drink to sip

on while someone else stands outside in the cool weather frying the turkey for dinner!  
You can also serve it to the children to celebrate New Year's. Have a safe and Happy  
New Year!

### Hot Orange Juice Sippers

1/3 cup sugar (or sugar substitute such as Splenda®)

1/4 tsp ground cloves

1/3 teaspoon ground cinnamon

1 Tablespoon instant tea

6 oz frozen orange juice concentrate

5 Cups boiling water

Thaw orange juice concentrate. Combine all ingredients, mix thoroughly. Serve hot.

Serves 6.

*Hillsborough County Extension is a cooperative service of the Hillsborough County Board of County Commissioners and the University of Florida.*

The Institute of Food and Agricultural Sciences is an Equal Employment Opportunity - Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin. COOPERATIVE EXTENSION IN AGRICULTURE, HOME ECONOMICS, STATE OF FLORIDA, IFAS, UNIVERSITY OF FLORIDA, U.S. DEPARTMENT OF AGRICULTURE, AND BOARDS OF COUNTY COMMISSIONERS COOPERATING