

## Fried Turkey: A Hot New Trend

(NAPSA)—Add a dash of Southern hospitality to your holidays and serve fried turkey to wow your guests.

Deep-frying a turkey in 100% peanut oil will put a delicious, tender, and juicy bird with crispy skin on your table. It is preferred for deep-frying over other oils for its high smoke point and slightly nutty flavor. True chefs of the South opt for peanut oil. This trend is now the second most preferred way to prepare turkey and only takes about half the time it takes to roast a turkey in the oven.

Mouthwatering side dishes can be prepared in the same oil as you fry your turkey, such as hush puppies, fried okra, sweet potato fries, and veggie chips since the flavors won't transfer within the oil. Deep-frying can also become a social event by inviting friends and neighbors to use your fryer and peanut oil as you can fry up to six turkeys with the same oil. Peanut oil can safely be reused 3-4 times before it needs to be replaced. Just let the oil cool completely after use, strain it, and store in a cool place.

Peanut oil offers a healthy way of frying foods. It is trans fat-free, cholesterol-free, allergen-free, and low in saturated fats. It is also high in unsaturated fats, which benefit heart health. Fried turkey in peanut oil is very similar nutritionally to a roasted turkey. A 4-ounce serving of roasted turkey has 244 calories and 12 grams of fat while a 4-ounce serving of turkey deep-fried in peanut oil comes in at 255 calories and under 14 grams of fat, a very subtle difference. The American Heart Association considers peanuts a heart-healthy food and research shows that peanut oil can even improve cholesterol levels and prevent chronic diseases such as diabetes and heart disease. In addition to its healthfulness, foods fried in peanut oil taste great! Stay authentic and fry in 100% peanut oil to improve both flavor and health. *Bon Appétit* even dubbed chicken fried in peanut oil the "Best Fried Chicken Ever." See the recipe here: [www.bonappetit.com/recipes/2012/02/skillet-fried-chicken](http://www.bonappetit.com/recipes/2012/02/skillet-fried-chicken). Fried chicken isn't the only thing the South does best though; try deep-frying a turkey for the holi-



**Deep-frying a turkey in 100% peanut oil will put a delicious, tender and juicy bird with crispy skin on your table.**

days. Warning: Don't batter the turkey!

### Crispy and Juicy Deep-Fried Turkey

- 1 whole turkey**
- 1 tablespoon of salt**
- 1 teaspoon of black pepper**
- 1 teaspoon of garlic powder**
- 2 tablespoons of your favorite dry rub**
- 3 to 4 gallons of 100% peanut oil (just enough to cover the turkey)**

#### Directions:

- 1. Wash bird inside and out and allow it to drain.**
- 2. Rub turkey with the salt, pepper, garlic and dry rub.**
- 3. Allow turkey to sit at room temperature for 1 hour or until completely thawed and dry.**
- 4. Preheat peanut oil in an outdoor or countertop turkey fryer to 350°F.**
- 5. Make sure there is no moisture on the skin and carefully lower turkey into hot oil either in a fryer basket or using a sturdy tool inserted into the chest cavity. Submerge the turkey completely.**
- 6. Fry turkey for 3 minutes per pound plus 5 minutes per bird. Internal temperature should reach 165°F.**
- 7. Remove turkey from the oil and let sit 20 minutes before serving.**

**Makes 4 servings.**

Visit [www.turkeyfrying.net](http://www.turkeyfrying.net) to view recipes from celebrity chefs, instructional videos, and nutritional information on deep-frying in peanut oil.