

Peanut Oil Crisps Your Deep-Fried Turkey

(NAPSA)—For the perfect juicy turkey this holiday or for your next tailgating party, cook a flavorful, deep-fried turkey in 100 percent peanut oil in half the time. Roasting a turkey can take many hours, making it hard to get a crispy skin without drying out the meat. Deep-frying a turkey in 100 percent peanut oil produces a delicious, tender and juicy bird with crispy skin in much less time and frees up oven space.

Peanut oil has a delicious nutty flavor and because of its high smoke point, foods are cooked quickly at a high temperature and absorb less of the fat and calories from the oil. 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.

Peanut oil also doesn't absorb any of the flavors from foods fried in it and can be reused three to four times before it needs to be replaced. Just let the oil cool completely after use, strain it, and store in a cool place. Or, dish up some mouthwatering sides that can be prepared in the same oil as you fry your turkey, such as hush puppies, fried okra, sweet potato fries, and veggie chips.

As a bonus, peanut oil is very healthy. It is high in good mono-unsaturated fat. Major studies show peanut oil reduces the risks of heart disease. And, according to the FDA, refined peanut oil is allergen-free.

So try one of America's hottest growing trends, deep-fried turkey. It's the only way to go!

Crispy and Juicy Deep-Fried Turkey

- 1 whole turkey**
- 1 tablespoon of salt**
- 1 teaspoon of black pepper**



Deep-frying a turkey in peanut oil can be a delicious idea.

- 1 teaspoon of garlic powder**
- 2 tablespoons of your favorite dry rub**
- 3 to 4 gallons of 100 percent peanut oil (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.**

Visit www.turkeyfrying.net to view recipes from celebrity chefs, instructional videos, and nutritional information on deep-frying your turkey this year.