

Talking Turkey

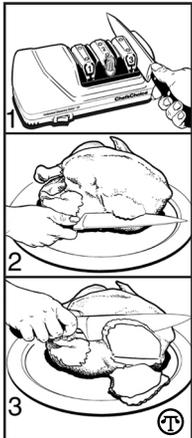
Preparing A Better Bird

(NAPSA)—Creating a delicious centerpiece for holiday festivities doesn't have to be a monumental task that takes away time spent with friends and family.

"Great food is simple to prepare," says cookbook author and New York Times "The Minimalist" columnist Mark Bittman. He offers these quick carving tips and a simple recipe to help assure your holiday turkey is top bird:

A Cut Above

Two common mistakes people make when carving their turkey are not waiting long enough for the bird to rest after it comes out of the oven (if you slice too soon, most of the juices will run out and the meat will dry); and improperly carving by using a dull knife or the wrong technique. Here are Bittman's carving suggestions:



keep knives ready to use. The first stage, using 100 percent diamond abrasives, sharpens the edge. The second stage uses a superhardened miniature steel, and the third stage features a flexible stropping disk to polish the edge to hair-splitting sharpness. This



A few tips can help you carve a great holiday turkey.

stage is also used for sharpening serrated knives.

- **Step 2**—Remove and set aside the turkey legs and the last joint of each wing. Make a long, deep (to the bone) horizontal "base cut" into the breast just above the wing.

- **Step 3**—Slice down vertically through the breast until you meet the original base cut. This will release perfect, even slices. Now you're ready to serve your delicious and properly carved turkey.

Bittman's Jerk Seasoning Turkey Rub

(Makes $\frac{1}{4}$ cup for 10-12-lb. turkey)

- 1 tablespoon allspice berries or powder
- $\frac{1}{4}$ teaspoon nutmeg
- 1 teaspoon black peppercorns
- 2 teaspoons dried thyme
- 1 teaspoon cayenne pepper or to taste
- 1 tablespoon sugar
- 2 tablespoons salt
- 2 teaspoons minced garlic
- 2 teaspoons fresh or ground ginger

If using fresh allspice berries, nutmeg pieces, peppercorns and thyme, blend them in a spice mill or coffee grinder then add the rest of ingredients. Otherwise mix all and rub evenly over bird and under skin of breast.

Make sure the turkey is thoroughly defrosted before starting. Preheat oven to 350°F. Place bird in large roasting pan on a V-shaped or flat rack. Brush the turkey with tablespoon of butter or olive oil.

Before adding rub, lift the breast skin up and rub oil or butter directly on meat, then rub entire bird with your fat of choice. Repeat process with Bittman's rub. Pour in one cup of stock or water in roasting pan.

Cover the turkey loosely with aluminum foil. Roast, basting with additional butter or oil every 30 minutes and add stock or water as needed to keep bird moist. When there is one hour of cooking time to go (internal turkey temperature will be about 125°F), remove foil and turn oven heat up to 400°F for the remaining cooking time.

When the bird is done—an instant-read thermometer should read at least 165°F when inserted in mid-thigh. Remove the bird to a platter and let it rest for 15 minutes before carving.

For help finding the knife sharpener that's right for you, call (800) 342-3255.