

## Sharp Ideas In Turkey Preparation: Savory Rub And A Well-Honed Carving Knife

(NAPSA)—Preparing the delicious, juicy centerpiece of a Thanksgiving feast can be one of the most challenging tasks that chefs face. With some creative seasoning and proper cooking/carving techniques, you can be sure that family and friends will be gobbling down the vittles.

Renowned Chef Michel Richard, cookbook author, owner and executive chef of Washington D.C.'s highly acclaimed Citronelle, suggests the following recipe for a simple but exquisitely tasting turkey:

### Double Baked Turkey

#### Vegetable herb under-skin Rub

"When I cook a turkey, I don't want the rub to burn on top of the bird. Mine is almost a combination of a rub and stuffing, because I put it under the skin. The direct contact with the flesh keeps the flavor inside the turkey—it's almost like the idea of *sous vide*, to keep the flavor inside," says Richard.

#### 12 to 14 pound turkey

- ½ cup + 1 tablespoon butter
- 1 small yellow onion, peeled, diced
- 4 shallots, diced
- 4 green onions
- 4 garlic cloves
- ½ bunch parsley leaves, washed, chopped very thin
- 1 stalk celery, sliced ¼" thick
- 4 slices country bread
- 1 stick butter, melted

Saute the onion and shallot in 1 tablespoon butter for 5 minutes until soft and slightly colored. Add the green onion, and grate garlic into the pan, then cook for 30 seconds until you smell the fragrance of garlic. Cool to room temperature. Mix in a bowl with ½ cup soft butter, plus the parsley and celery. Season with salt and pepper.

Lift up the skin of the turkey and spread vegetable



paste under the skin.

Set the oven at 275°F. Generously soak 4 slices of bread in melted butter until butter is completely absorbed into bread. Season the turkey with salt and pepper.

Place the bread slices over the breasts. In the oven, the bread will dry and shrink, self-basting the butter into the turkey. Cook 3½ hours until the inside temperature is 130°F.

Take the turkey from oven. Remove the bread and set aside. Cool turkey slightly by leaving out of the oven for 1 hour. Reset the oven to 375°F. After cooling bird, return the turkey to the oven and roast for another ½ hour until golden brown and crispy.

**Carving Steps:** Two common mistakes that people make after cooking 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 your meat will be dry) and improperly carving by using a dull knife or the wrong technique. Try these steps to serve a tasty and elegantly carved turkey:

**Step 1:** Be sure to use a good, sharp knife. Sharp knives are not only safer, they help to smoothly cut thin, even slices without shredding the meat.

Fortunately, you don't have to be an expert to put a razor-sharp edge on a knife. A sharpener such as a Chef's Choice® EdgeSelect® Model 120 can make sharpening easy. It uses 100 percent diamond-coated disks and a revolutionary polishing stage to create a professional knife edge in seconds. The precision guides eliminate guesswork for predictable, razor-sharp edges every time it's used.

"To slice clean and easily, it is important to have a sharp knife when you carve a turkey or any other meat. I use the Chef'sChoice Model 120 and there is nothing better to get a sharp edge," says Richard.

To find a sharpener that's right for you, call (800) 342-3255.

**Step 2:** After turkey is cooked (meat thermometer should read 170° F when inserted in the thickest part of the breast), cool for 15 to 20 minutes. Cooling makes meat firmer and easier to slice. Remove and set aside turkey legs and last joint of each wing. Make a long, deep (to the bone), horizontal "base cut" into the breast just above wing.

**Step 3:** Slice down vertically through the breast until you meet original base cut. This will release perfect, even slices.

Now you're ready to serve your delicious and properly carved turkey. Happy holidays and feasting!

