

King turkey

For a perfect bird, cook it upside down

When it comes to Thanksgiving, I am a traditionalist. I must have furkey on that day, accompanied by sufficient servings of stuffing and toothall—not necessarily in that order—or I freak out. But over the years I have become less of a purist concerning preparation of the annual feast, particularly the big bird.

My latest experiment produced the most beautifully golden browned 14-pound turkey since I began trying different ways to reast the king of fowl.

I call it the upside down turkey.

The upside down roasting kil consists of half a lemon, sage, butter, V rack, shallow roasting pan, two pot holders, pastry brush and foll.

FIRST, AFTER removing the bag of giblets, neck, etc., rime and pat the turkey dry. Rub the breast and neck cavities with the cut side of the breast and neck cavities with the cut side of the lented the grown sage. Rub more sage all over the cut-side of the pattern of the grown of the grown

the first half of roasting. The oven should be preheated at 450 degrees, then turned down to 325 degrees before the turkey goes in the oven. Baste the bird every 30 minutes during the first bour. Using the pot holders, remove the pan from the oven, piace it on a solid surface, dip the pastry brush in the juless and baste the parts you can reach. Then loosely cover the whole bird with foil and return it to the oven for another 14s hours, continuing to baste every 30 minutes.

Now, with the pan again on the solid surface, turn the bird on its back, tanig the pot holders. Loosely redd the utney and return it to the oven 15s burst and the first hours. The bird should be minutes for the cost 14s bours. The bird should be minuted for the cost 14s bours. The bird should be minuted to 10st, baste and let it brown. But check in 15 minutes — the breast will brown But check in 15 minutes — the breast will brown But check in 15 minutes — the breast will brown But check in 15 minutes — the breast will brown But check in 15 minutes.

brown. But check in 15 minutes — the breast will brown quickly.

After removing the turkey from the oven, tightly secure the foll around the pan. The bird will stay warm, whether you start carving in 30 minutes or it sits for a couple of hours.

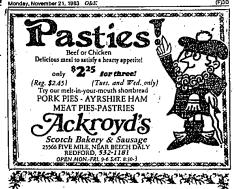
When you carve, the butter will literally seep from the white meat. Even the legs will be juicy. The upside-down turkey is just right — and tender.

1 cap uncooked long-grain rice 2 caps clear chicken broth 1 tap, sait 1 cap finely chopped onlon 35 cap pine nata (pignoil) 5 sprigs parsley, chopped

Melt 3 tablespoors margarine in 2-quart sauce-pan over moderate heat. Add rice and stir several inducts until milky and opagen. Pour is broth, stir is salt and allow to boll, occasionally stirring. Cov-er pan, reduce heat to low and let rice absorb liq-uid, about 15 minutes. Melt rest of margarine in stillet over moderate heat, add ontos and stir sev-eral minutes. Add nuts and fry several minutes un-til lightly browned. Stir nut mixture into rice with parsley. Staff turkey.

GIBLETIZING THE GRAVY

GIBLETIZING THE GRAVY
Giblets, seck, etc.
1 calon, chopped
1/2 tsp. chicken flavor boallion seasoning
1/2 tsp. black pepper
1/2 tsp. black pepper
1/2 tsp. salt



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Handling tips for a safe turkey meal

Thanksgiving is traditionally the time when families and friends come together for large home-cooked feasis. It is also the time when doctors see a jump in illness due to improrely prepared food.

Feeding a large group calls for special measures. Phil Kirkwood, deputy chief of environmental services for the Michigan Department of Health, suggests using the same guidelines as Michigan creaturants do.

When preparing a turkey at home. Kirkwood of.

When preparing a turkey at home, Kirkwood of-fers this advice:

- Defrost your turkey in the refrigerator. This calls for some forethought, large birds may take a few days to completely thaw.
- Use a metal thermometer when cooking tur-key. Insert the thermometer into the center of the bird and cook the turkey to at least 165 degrees.
 Wrap up lettovers and store them in the re-rigerator or freezer. Dor't leave turkey, dressing or gravy at room temperature more than 2 hours.
- Reheat leftovers to 165 degrees. Simply warming food can release bacteria instead of de-

DICK CREGAR, chairman of the board of the Michigan Restaurant Association, adds one more suggestion to this list. He recommends cooking dressing outside the turkey. Cregar reasons that the thermometer in the turkey may register 155 degrees while the dressing inside is still not fully cooked.

Failing to bring the food up to 165 degrees allows bacteria, including staph toxins, strep and salmorella infectious organisms to remain and grow on food. This does not mean that everyone eating warmed-up lettover turkey will pick up an infection, added Kirkwood, "but it certainly increases the chances."

Kirkwood and Cregar provide a food service san-ltation course run by the Michigan Department of Public Health in conjunction with the Michigan Restaurant Association, Michigan is a leader in the nation in promoting sanitation efforts through edu-cation.

Hot breads

It's easy to serve yeast breads piping hot, even if they aren't fresh-baked. Simply put them in a brown paper bag or wrap in foil, sprinkle with a little water and heat 10 to 15 minutes in a 325° oven.

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