

# Turkey from page 1B

grilled turkey tenderloins for any occasion.

Create your own taste sensation with turkey, and enter it in the "June is Turkey Lovers' Month" recipe contest. Judging will be broken into two categories: turkey lovers ages 18 and under, and turkey lovers over 18.

Recipes will be judged on taste, convenience, originality and appearance. The grand prize winner will receive \$2,000; second place, \$1,000; third place, \$750; fourth place, \$500 and fifth place, \$25.

Submit an original recipe that will serve 4-8 people, and uses at least one pound of turkey meat. Print or type recipe on an eight-and-a-half by 11-inch piece of paper. Include your name, address, phone number and age, if 18 or younger.

You can submit more than one recipe, but each entry must be on a separate sheet of paper. All entries must be postmarked by July 31. For more information, and contest rules, contact the National Turkey Federation, 113119 Sunset Hills, Road, Reston, Virginia, 22090.

# Finger-licking-good chicken, cobbler

See Chef Larry Janes' Taste Buds column on Taste front.

## BUTTERMILK FRIED CHICKEN

1 whole chicken (2½-3 pounds — cut into 9 or 10 pieces)  
1½ cups buttermilk  
Salt and fresh ground black pepper to taste  
2 cups vegetable shortening for frying

Place chicken pieces in a gallon size resealable bag. Mix buttermilk with 1 teaspoon salt and ¼ teaspoon pepper. Pour mixture over the chicken; seal bag and refrigerate for at least 2 hours or for up to 24 hours.

Measure flour and mix with 1 teaspoon salt and pepper. Shake well in a medium brown paper bag. Set aside. Remove chicken from buttermilk mixture.

Drop chicken into the bag and shake thoroughly to coat with flour mixture. Shake off excess flour from each piece.

Place coated chicken pieces on a large wire rack set over a baking dish until ready to fry. Repeat with

remaining chicken pieces. Meanwhile, spoon as much shortening to measure ½-inch deep into a 12-inch heavy flat bottomed skillet. Heat to 350 degrees. Place chicken pieces, skin side down into hot oil; cover with a lid or cookie sheet and cook for 5 minutes. Lift chicken pieces with tongs to make sure chicken is frying evenly. Re-arrange if some pieces are browning faster than others.

Cover again and continue cooking until all pieces are browned, about 5 minutes longer. Oil should never fall below 275 degrees for best results.

Turn chicken over again with tongs and continue cooking, uncovered for 10-12 minutes. Chicken juices should run clear when pierced with a fork.

Remove chicken from skillet with tongs and return to wire rack set over a baking pan to drain. Serves 4.

Assistance for this story and the recipe from "Cook's Illustrated," May/June, 1994.

What could be better with fried chicken than a homemade peach cobbler? Try this recipe from Momma's secret files.

## PEACH COBBLER

2 pounds firm, ripe peaches, peeled and cut into ½ inch wedges  
½ cup sugar  
2 tablespoons flour  
½ cup sliced almonds (optional)  
2 tablespoons butter  
Buttermilk biscuit dough (see recipe below)

In a medium bowl, combine the peaches and sugar. Stir gently to mix. Let peaches macerate for 3-4 hours.

Preheat oven to 400 degrees. Drain the peaches, reserving the juice. Set aside ¼ cup of the juice. Boil remaining juice over medium heat for 5 minutes or until reduced to about ¼ cup.

Add the flour to the reserved ¼ cup juice and stir until blended and smooth. Stir this mixture into the boiled juice mixture and boil, stirring for 1-2 minutes or until thickened and smooth. Add this thickened syrup to the peaches and stir gently to mix. Pour the fruit and syrup into a shallow 2½ quart ceramic baking dish.

Sprinkle with sliced almonds.

make the biscuit dough as directed. Drop by heaping teaspoons onto the fruit. Leave a 1 inch border around the edges. Do not spread the dough or press into the fruit, it will expand.

Bake for 30-35 minutes or until the juices are bubbling and the biscuit crust is golden brown. Serve warm or at room temperature. Serves 6.

## BUTTERMILK BISCUIT DOUGH

1¼ cups flour  
1½ tablespoons sugar  
1¼ teaspoons baking powder  
¼ teaspoon baking soda  
¼ tablespoons cold butter  
½ cup plus 2 tablespoons buttermilk

Sift together the dry ingredients. Cut butter into dry ingredients until dough resembles coarse meal. Add ½ cup buttermilk and stir briefly until blended. Working dough as little as possible, add remaining buttermilk, if needed. Dough should be soft and drop from a spoon.

Makes enough for about 12 biscuits or to cover a cobbler that serves 6.

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**GRILLED TURKEY SALAD WITH RASPBERRY VINAIGRETTE**

Raspberry Vinaigrette:  
2 tablespoons each olive oil and raspberry vinegar  
1 teaspoon honey  
½ teaspoon minced garlic  
¼ teaspoon Dijon mustard  
¼ teaspoon salt and pepper

In small bowl whisk together oil, vinegar, honey, garlic, mustard, salt and pepper; cover and refrigerate several hours.

**SALAD**

Vegetable cooking spray  
1 pound Turkey tenderloins, butterflied  
1 tablespoon, plus 2 teaspoons Chinese five-spice

8 cups spinach leaves  
1 cup fresh raspberries  
¼ cup thinly sliced green onion  
1 can (8 ounces) sliced water chestnuts, drained and cut into ½-inch slices  
Enoki mushrooms (optional)

Spray charcoal grill rack with vegetable cooking spray. Preheat grill for direct heat cooking. Sprinkle both sides of tenderloins with Chinese five-spice. Place tenderloins on grill rack and grill over hot coals 5 minutes, turn and continue cooking 4-5 minutes or until turkey is no longer pink in center.

To serve, on each of 4 plates arrange 2 cups spinach. Slice turkey into thin slices and place over spinach. Top each with ¼ cup raspber-

ries, 1 tablespoons green onions, 2 tablespoons water chestnuts, 1 tablespoon vinaigrette and garnish with mushrooms if desired. Serves 4.

**TURKEY SALAD WITH POPPY SEED BALSAMIC VINAIGRETTE**

**SALAD:**  
¾ pound fully-cooked oven roasted turkey breast, cut into ½ to ¾ inch cubes  
2 cups broccoli florets  
2 cups each tom spinach and leaf lettuce pieces  
1 small green pepper, cut into ½-inch julienne strips  
½ cup thinly sliced red onion  
1 can (8 ounces) pineapples chunks, juice drained and reserved

In large bowl combine turkey, broccoli, spinach, lettuce, pepper, onion and pineapple; set aside.

**POPPY SEED BALSAMIC VINAIGRETTE**

¼ cup olive oil  
2 tablespoons each balsamic vinegar and reserved pineapple juice  
1 tablespoon poppy seeds  
1 teaspoon each sugar and Dijon mustard

In small bowl whisk oil, vinegar, juice, poppy seeds, sugar and mustard. Fold vinaigrette into salad just before serving. Serves 8.  
*Recipes from the National Turkey Federation.*

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