

RECIPE for health

NOVEMBER 2010 In partnership with Health4U and Culinary Services

Featured Food:

TURKEY



By Peggy Crum, RD, Health4U Nutritionist

In 1784, Benjamin Franklin, disapproving of the bald eagle as the avian symbol of our new country, wrote a letter to his daughter describing the turkey as “a much more respectable bird, and a true original native of America.” Americans are wild about the farm-raised variety of Mr. Franklin’s favorite fowl. If our citizenry voted with their forks, the turkey would be America’s national bird.

Let’s talk turkey and answer some of your most pressing questions:

- What does “prebasted” mean? Flavor enhancers (mostly salt and broth) have been injected into the meat during processing.
- Fresh or frozen? “Fresh” turkeys may be chilled to 26° which keeps them fresh longer but also allows ice crystals to form. If temperatures go up and down during shipping, ice crystals melt and reform causing the turkey to be tough and dry when cooked. You may be better off with a frozen turkey that’s only thawed once.
- It’s Wednesday and my turkey is still in the freezer. Now what? Refrigerator thawing takes one day for every four pounds of turkey — that means you should have placed your 16 to 20 pounder in the fridge the weekend before Thanksgiving. To save the day, follow the USDA’s alternative methods for safe thawing: www.fsis.usda.gov/PDF/Turkey_Basics_Safe_Thawing.pdf, which take about 30 minutes per pound.
- To brine or not to brine? Brining adds flavor and moisture. Make enough brine (½ cup table salt per gallon of cold water) to cover your turkey. Place turkey in brine and refrigerate. After 12 to 14 hours remove turkey from brine, rinse well and pat dry before roasting. Do not brine a prebasted or kosher turkey as it will be too salty.
- How about that pop-up timer? Set to pop at 178°, your turkey will be too done if you rely on the pop-up timer. Instead, use a meat thermometer; remove your turkey from the oven when the breast temperature reaches 165°.

To use your turkey right down to the gobbler, see Chef Kurt’s recipe for Turkey Noodle Soup!

Turkey Noodle Soup

Recipe developed by Corporate Chef Kurt Kwiatkowski and featured in Residential Dining Services. Serves 6–8

Stock (makes 2 ½ quarts)

- 1 Tablespoon olive oil
- 3 pounds (about 5) turkey wings or 6 pounds turkey bones*
- 2 ribs celery, roughly chopped
- 1 medium yellow onion, roughly chopped
- 1 large carrot, roughly chopped
- 3 sprigs fresh thyme
- 1 sprig of fresh rosemary
- 3 sprigs of fresh parsley
- 8 whole black peppercorns
- 2 bay leaves
- 1 gallon water

*About 5 wings, can use bones without the meat as well, just double the amount.

Heat olive oil in a large pot. When oil shimmers, add wings and sauté until brown on both sides, about 5 minutes (if using turkey bones, skip this step; add bones after browning the vegetables). Add celery, onions and carrots, and sauté until colored and slightly softened, about two to three minutes. Add herbs, peppercorns and water. Bring to a boil; reduce heat to medium-low. Simmer and skim the fat for four hours. Strain broth; set aside. Remove wings; pull meat from bones and shred; set aside. Discard skin, bones and remaining solids.

Soup

- 4 Tablespoons unsalted butter
- 3 ribs celery, diced
- 1 large carrot, diced
- 1 medium yellow onion, diced
- 1 recipe turkey stock
- Salt to taste
- Turkey meat*
- 10 ounces egg noodles
- ¼ cup chopped parsley or other fresh herb

*I prefer using the wings for flavor; you can use any cut of meat you desire for the soup.

Heat butter in a four-quart saucepan over medium-high heat. Add celery, carrots and onions; cook until soft, about eight–10 minutes. Add stock. Season with salt to taste. Bring to boil. Stir in turkey meat and noodles. Cook until noodles are just tender. Sprinkle with chopped fresh parsley or another fresh herb, if you like.

Turkey Noodle Soup will be served at Akers, Holden, Landon, Shaw, The Gallery at Snyder/Phillips and Brody Square on November 18 for lunch. Visit www.eatatstate.com for dining hall hours and menus.

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