

How To Cook & Serve

**The Most Tender & Juicy Turkey
You Have Ever Eaten!**

&

**Fully Cooked
In Less Than 2 ½ Hours!**

&

**Easily Carved
In Less Than 5 Minutes!**



**Concept - James Beard
Ideas - America's Test Kitchen
Carving Method - Bobby Flay
Kitchen Tested - Chef Bob**

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► Step #1 PREPARING THE TURKEY

20 lb. Turkey
Turkey Pan w/rack
Cooler (large)
Ice (bag)

Kosher Salt (box)
Sugar
Lemons & Oranges
Cheese Cloth & String

- Tip #1 Butterballs are preferred but not required; as long as turkey is not over one year in freezer; fresh turkeys are not necessary if brining.
- Tip #2 "Toms" have larger breasts than "Hens" (if you can get them).
- Tip #3 Save Gatorade (or gallon jugs) if possible to mix brine.
- Tip #4 Save lemon/lime rinds (in freezer) for adding to brine.
- Tip #5 Save leftover bones from roasted chickens (in freezer)
-- to add last minute & flavor to any poultry stock or gravy.

NOTE: I usually brine the turkey (pre-dinner day) & stuff turkey (dinner day) in my garage on a portable table covered with newspaper or a \$2 plastic tablecloth – and near a utility sink with lots of paper towels and Bleach wipes – where the floor can be easily mopped after the brining and stuffing process.

- ___ (1) Thaw turkey enough to remove parts in both cavities (i.e. usually 4th day).
- ___ (2) Cover work table and next to sink with plastic drop cloths.
- ___ (3) Remove turkey from refrigerator.
- ___ (4) Unwrap turkey in turkey pan (i.e. newspaper under pan on table in garage near a utility sink); wash hands!
- ___ (5) Remove trussing wire w/pliers & discard.
- ___ (6) Remove turkey parts (neck, gizzard, tail, wings) & reserve for Turkey Stock.
- ___ (7) Rinse turkey w/cold water.



Arizona Roast Brined Turkey

___ (8) Place turkey into insulated cooler large enough to cover bird with water (20# requires 24 Qt cooler).

___ (9) Add 1 cup Kosher Salt to 1 gallon container (i.e. Gatorade(bottle) and fill with cool water; shake until dissolved.

OPTION: Also add 1 C Brown Sugar.

___ (10) Pour enough gallons to cover bird (usually 3-4 which then uses 1 box of Kosher salt); be sure bird does not float (cover with bricks in ZipLock bags if needed).

OPTION: Add Lemons & Oranges (quartered).

___ (11) Wash hands, knives, tools, boards & table thoroughly w/hot water & soap; discard used newspaper & replace.

___ (12) Brine turkey **8-12** hours in cool area (e.g., garage, back porch, etc.); if brining area temperature is above 40 F., add ICE on top of bird for food safety.

TIME IN: _____

TIME OUT: _____

TOTAL: _____

___ (13) Remove bird and rinse with cold water; pat dry w/paper towels; return to previously used turkey pan.

___ (14) Set in refrigerator (uncovered) and allow to air dry overnight (elevated on a rack or celery).

___ (15) Wash area thoroughly again w/hot water & soap (and possibly bleach or Clorox wipes). Discard plastic drop cloths.

___ (16) Have a holiday glass of cheer!



▶ **Step #2 TURKEY STOCK**

Turkey Parts (except Liver)	Onions (1-2)
Olive Oil (C)	Carrots (4-5)
Ckn Broth (4 C)	Celery (1)
White Wine (4 C)	Lemons (2-3)
Water (4 C)	Bay Leaves (2)
Aromatics (Tarragon, Sage, Thyme, etc.)	

- ___ (1) Chop & sauté all turkey parts (2" pieces w/cleaver).
- ___ (2) Remove parts & sauté vegetables.
- ___ (3) Add turkey parts, liquids, and lemons.
- ___ (4) Wrap aromatics in cheese cloth; bruise; add to pot.
- ___ (5) Season w/salt & pepper and simmer 3 hours (approx.).
- ___ (6) Strain, defat, and reserve for gravy (or cool & freeze).



▶ **Step #3 ROASTING THE TURKEY**

- ___ (1) Once again, cover work table and next to sink with plastic drop cloths.
- ___ (2) Remove turkey **30-60 minutes** from refrigerator prior to roasting.
- ___ (3) Set oven thermometer in oven (Note: Ovens can vary 100 F. from setting).
- ___ (4) Preheat oven to **425 F.** approx **30 min** prior to roasting. **TIME:** _____
- ___ (5) Salt & pepper entire bird (especially cavities)

Note: Place enough salt & pepper & other spices in a paper bowl (so as not to contaminate containers with "turkey fingers") and then discard afterwards.

- ___ (6) Wrap aromatics (tarragon, sage, thyme) & fruit (cutup lemons & oranges) in one or more cheese cloth packets (bruise aromatics) & stuff turkey.
- ___ (7) Place V-rack in roasting pan; line with aluminum foil; poke 20+ holes in foil; spray with oil.
- ___ (8) Set bird breast side down onto rack; baste exposed bird w/herb butter (melted); do not truss legs.
- ___ (9) Add vegetables (e.g. onions, carrots, celery) & 2 cups liquid (e.g. water, wine, chicken stock) to pan.
- ___ (10) Recheck oven thermometer (inside oven) before adding turkey to be sure oven is proper temperature (**425 F.**).
- ___ (11) Have at least one or two kitchen timers and a meat thermometer (with batteries) before proceeding any further.

Now the fun begins



THE TURKEY ROASTING RULES

- **You Must Have An Oven Thermometer!**
- **You Must Have A Meat Thermometer (Instant-Read)!**
(With Good Batteries)
- **Use Timer & Write Notes on Refrigerator As Reminders!**
- **Have Heavy Oven Gloves Ready!**
- **Have Roll of Paper Towels Nearby!**
- **Wear a long apron (in case of splattering)!**
- **To Turn Turkey You Will Need Extra Set of Gloves!**
(Preferable Plastic or Discard After Using)
- **Keep Everyone Back & Away When Turning Turkey!!!**



Arizona Roast Brined Turkey

- ___ (12) Set timer for **60 minutes** & write down actual time → **TIME:** _____
- ___ (13) Roast at **425 F.** (breast side down).
- ___ (14) Remove & turn bird **1/4 turn** (only); re-baste w/butter. **TIME:** _____
- ___ (15) Turn down heat to **325 F.** ;add more stock or liquid.
- ___ (16) Roast for **30 minutes.** **TIME:** _____
- ___ (17) Remove & turn bird **1/2 turn**; re-baste w/butter.
- ___ (18) Roast for **30 minutes** (right side down). **TIME:** _____
- ___ (19) Remove & turn bird (breast side up); re-baste w/butter.
- ___ (20) With meat thermometer, check breast (**160 F**) and thigh (**170 F**).
- ___ (21) Roast approx **10-20 minutes** – until readings above. **TIME:** _____
- ___ (22) Remove bird (tenting optional). **NET COOKING TIME:** _____
- ___ (23) Strain drippings and add to Turkey Stock; For gravy, thicken with cornstarch dissolved in cold water then added to juices (or roux, slurry, or Arrowroot).



▶ **Step #4 SLICING THE TURKEY**

This Method Should only take 5-10 minutes!

(per Bobby Flay)

- ___ (1) Let stand **15 – 45 minutes** prior to carving (tenting w/foil optional). **TIME:** _____
 - ___ (2) Remove fruit & aromatic bags (in cheesecloth bag) with tongs.
 - ___ (3) Cut and remove legs & thighs.
 - ___ (4) With boning knife (or surgical gloves) cut along breast bone, and remove breasts (whole) with your hand (i.e., sliding fingers along breast bone).
 - ___ (5) Immediately deposit carcass into 2-1/2 gal Ziploc bag and place in freezer.
 - ___ (6) Cut breasts into 1/2" slices (i.e., like carving a roast).
- Note: An electric knife makes this task much easier and faster.
- ___ (7) Place uncut or extra slices immediately in Ziploc bag to keep warm & safe.

ENJOY!



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Please Send Any Suggestions & Your Guest Comments To

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