

# Organic Thanksgiving Turkey

from Organic Test Kitchen .com

Blog Post “Organic Thanksgiving Turkey”

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From the Blog Post – (Discussing Overdone Breast Meat & Undercooked Dark Meat)

*“...So how can a turkey be overdone and underdone at the same time? The reason is that the white breast meat cooks more rapidly than the dark meat...”*

And there you have it. A conundrum to be sure. Well, hopefully you find this recipe provides an easy and delicious solution. Enjoy.

## Shopping List

1 Organic Turkey

Olive Oil

Aluminum Foil

Given the cost of Organic Turkey many will opt for a “Conventional” Bird. If you go this route try to purchase a turkey labeled “Fresh”

## Preliminary (Preheat the Oven and Prep the Turkey)

-Place the oven rack low enough so that your roasting pan with the turkey will fit.

-Preheat the Oven to 325F

-Remove the turkey from the package in the sink and remove the giblets and the little package that holds the liver etc.

-Thoroughly rinse the Turkey inside and out.

-Drain the inside and pat the outside dry using paper towels.

-Place the turkey in the roasting pan.

-Wash your hands.

-Pour some olive oil in a cup (you will be touching the turkey so you don't also want to be touching your olive oil bottle and getting E.Coli all over the place.

-Rub the outside of the turkey with the olive oil from the cup.

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## Main Event (Roasting & Tenting the Bird)

-Wash your hands.

-When the oven is ready place the bird in without any cover. You want to cook this for the recommended time on the package *Plus* 30 minutes. The tenting you will use will protect the breasts from overcooking and the extra time will allow the dark meat to be fully cooked and tender.

-Basting not required.

-When 2/3 of the total cooking time has elapsed tent the turkey with aluminum foil. *BE CAREFUL, you can very easily burn yourself during this step.* Just cut enough foil to cover the top of the bird, place a small bend over the center (lengthwise) and just lay on top of the turkey. Don't crush it down on the bird. The "tent" should just lay there sort of loose on the top but the small bend keeps it from falling off.

(Now, as a side note, the legs where they bend on top will tend to become dry. Accept this, it's just a small amount of meat at the bend. Some have used a tight fitting aluminum foil "cover" for them. This is placed about 15 minutes before it's time to put on the tent. If you do this there's a *very good chance of getting burned* so why bother?).

-Finish cooking the turkey for the remaining time. Basting not required.

-When the time is up remove the turkey from the oven. Serve your side dishes first which will let the turkey settle. Carve and serve only what will be immediately eaten. Pre-carving turkey is a good recipe for giving cold/stale meat to someone wanting seconds (you can be sure they'll not take thirds).

Now be sure that in addition to the cooking you're focusing on having fun. Enjoy the feast... and live naturally.