



DEEP FRIED WHOLE TURKEY

TEMPERATURE: 305°F

TIME: 4 MINUTES /LB.

EQUIPMENT: One large Keating Fryer (Gas or Electric) 68-100lbs. minimum

INGREDIENTS:

- Fresh Turkey, 18-20 pounds. Note: A Frozen Turkey can be used, but it must be thawed completely before cooking.
- Heavy Duty Vegetable Oil

METHOD:

Wash turkey thoroughly and remove all pieces from cavity (i.e. giblets, neck etc.)

Cavity must be left empty.

Pat excess water from skin with a towel to prevent spattering.

Do not salt, as this will contaminate the oil.

Preheat deep fat fryer to 305°F (this temperature has been determined as the best temperature for heat penetration).

Check the thickness of the bird (top to bottom); add additional oil into the fryer so the entire bird will be covered.

Slowly submerge the bird into the hot oil - set timer for cooking time (3-1/2 min./lb. @ 12 lbs. and under; 4 min./lb. @ 12 lbs. and over). A 22 lb. bird will take about 88 min-

utes to cook - be sure to check after about 75 minutes because some birds cook differently (i.e. frozen self basting vs. fresh). Internal temperature should be 190°F at the bone in the thigh.

When the bird is done, the skin will be brown and crisp and will start to pull away from the leg thigh joint. Be careful not to over cook the bird as you will experience excessive shrinkage and will lose servings.

When the time is up, remove the bird (grasp the bird with tongs at each end of the cavity and lift out onto a draining rack).

Allow the bird to drain and cool 20-30 minutes as this makes carving easier.

You will find a very moist tender product which many consider superior to the oven roasted variety.

By cooking smaller birds (12 lbs. or less) your cooking time will be about 45 minutes. A very large fryer, with; 200 lbs. of cooking oil, can handle six 12 lb. birds at once.