

Roast Turkey with Herbs

Many people choose to brine their turkey a day before cooking it, and we highly endorse that effort. Once again, there are many ways to get this done; I'm going to offer a generalization...

Place 2 cups of regular kosher salt in 2 gallons of cold water, stir to dissolve, add turkey (devoid of all giblets, packaging etc.... You may as well rip out the thermometer too because it's garbage). This will do about a 16 lb. bird so you may need a bigger pot/refrigerator etc. for a larger bird. Brine bird 8 hours. Remove it from brine & discard brine. Rinse & pat dry turkey. Take about 1 cup of fresh mixed chopped herbs, sage, thyme, rosemary, Italian parsley + 1 Tbs. ground black pepper & 1 pound of butter (soft) and combine well together. Rub this everywhere possible on; in & under the skin of that bird, making sure some of the herb butter sticks everywhere. Place bird in "V" roasting rack (set in pan) – breast side down first - (stuff cavity loosely if desired) & then roast @ 400 degrees about 45 minutes. Remove roasting pan & rack with bird from oven – carefully separate breast & rack. Turn bird over breast up. Lower oven to 350 – 375 degrees & continue to roast until an instant read thermometer registers 160 at thickest part of breast or 170 at thickest part of joint of thigh & body. During the cooking operation set the timer on your I-phone or wall timer for 30 minutes – every time it goes off baste the turkey with collected juices and melted herb butter. Do this until very end of cooking time. Allow to rest, at room temperature, tented with foil while doing last minute preparations. (Set the timer one last time for 30 minutes because that is a sufficient rest time.) Slice & serve.

Food Safety Note: Do not ram your bird full of stuffing; it may be hard to get it heated through without overcooking the breast meat. You should pre-cook any "raw meat" items that go into stuffing. Internal temp of stuffing should be at least 150. Don't pre-stuff – it's a bacterial breeding ground that can easily be avoided. It adds absolutely nothing to stuffing or bird in terms of quality.

Cooking a turkey on grill or deep fryer

Totally do-able and definitely enjoyable in either case. We ask you to Google directions and tips for either. There are numerous ways to handle either cooking method. **Frying:** Use your judgment and caution with an open flame & a vat of hot oil. This is probably the biggest cause of fires on Thanksgiving. Oil at 325 degrees also really hurts if it gets on you – so be careful. It is advisable to have a very large and sturdy pot to hold and support bird during the long process of deep fat frying. **Grilling:** over indirect heat on The Green Egg or in a charcoal BBQ – build fire and move to the side. Cook turkey in closed grill basting and rotating as needed to receive the same cooking process, as you would arrive at had you cooked indoors. The bonus here is that you get the flavor of the charcoal wood fire you are using & the bonus oven space in your kitchen. Either cooking method will reward you with a delicious bird.

Have a well thought out back up plan ready just in case of any emergency situations

Roasting a whole beef tenderloin

- Start with a fully trimmed & tied tenderloin of beef (available @ The Pantry) - If you have an untrimmed full muscle – begin by making this oven ready. Remove silver skin using a sharp knife, remove sinew & chain & tuck tail under tender to create as uniform of a "cylinder" of meat as possible. Tie as needed. This will provide the most even end result in cooking.
- We have adopted a new method of roasting beef tenderloin, which is as follows: Combine a half-cup of Dijon mustard with a half-cup of very soft butter. Add a Tbs. of chopped fresh thyme + a Tbs. of kosher salt & 2 tsp. fresh ground black pepper to this mixture & completely cover tenderloin with it. Roast in pre-heated 425-degree oven from 25 – 30 minutes. You are looking for an internal temperature of 120 – 125 degrees F. (You will need to test fillet in center part of thickest area) There is very little carry over cooking with a piece of meat that has this dimension.
- Remove at desired temperature & lightly tent with foil for 5 - 10 minutes.
- Slice about 1/4" – 1/2" thick and platter on warm platter. Serve with desired sauce.

Searing meat on grill

- You may also complete the browning & searing process by using a gas or charcoal grill, at this point you may remove the tenderloin to finish cooking in a conventional oven or you may regulate flame & meat position on grill to complete cooking. Treat your covered grill as an oven being careful for flare - ups or hot spots. In most cases – meat will cook faster on grill.

Prime Rib Primer

- Any roast can be a considerable investment, so you want to take the utmost care in its preparation. Buy an "oven ready" roast – this can be done 2 methods easily for the home chef. First – you can have our butcher remove the eye of the rib roast from bones & then "re-tie" the eye back on the bones. This creates a natural rack for the meat to roast on. It also simplifies the carving process because essentially you are slicing through a boneless roast in

the end. The second choice is leaving meat on bone and having the butcher score through bones on a band saw so slicing later is made possible.

- Like anything: If you ask 10 chefs how to do this you will probably get 10 different answers – so we are providing our solution to what we think makes a good roast great. Obviously the quality of the meat is of the most importance. Start with a well marbled rib roast with at least ¼” of fat on the top. Make a crisscross pattern on top of fat side using a knife. Just score the fat – don’t go into the meat. Rub the roast all over with kosher salt...let’s say 2 - 3 TBS (Yes, that’s right) for a 6 or 7 -pound roast, especially rubbing into fat. Refrigerate the roast without covering it overnight.
- Sear the roast all over either using an outdoor grill – cleaner & less smoke, a really large skillet – cast iron works great.... smoking hot & turn on the fan, or in a hot oven for 20 minutes or so.
- Remove roast and add your seasonings – we like lots of fresh ground black pepper, good Dijon mustard, fresh chopped rosemary & thyme in ample quantity. Rub this mixture all over roast with reckless abandon & now roast at low heat 275 - 300 degrees until an internal temperature of about 115 is reached in thickest part. You may also roast lower & longer time or higher & shorter time depending on your most desirable outcome. If you like it even pink throughout – go low and long. If you like darker (more well done) outer portion and pink center then opt for the quicker, higher temperature route.
- To crisp it & finish it up nice – use the broiler setting – watching 100% of the time to prevent flare-ups and a visit from the fire department. Remove from oven and let sit 20 – 30 minutes before slicing. The crispy fat is great after it has rendered out of roast leaving the salted & seasoned exterior of the roast clinging to the meat. Slice & Serve.

Once again... Since there are many ways to achieve the end result, you may choose to cook your 10 lb. roast outdoors on a green egg or in a rotisserie. The 2 biggest factors in taste are:

1. Quality of meat
2. Seasonings and Care in preparation

Time & temperature will determine texture & eating quality of roast along with marbling.

Don’t be afraid of fat. It’s your friend here, and it’s not like you eat this stuff every day☺

The underlying principle remains the same. You are trying to “gently” reach an even temperature in the center of the thickest cut of the roast. Any “forcing” of the principle of good technique will compromise the end product.

General Information

- A good quality instant read thermometer provides easy insight into where the turkey, prime rib or filet roast may be along in its respective cooking time. This can be had for about the price of a glass of wine at your local restaurant and will last much longer & prove to be more valuable.
- Use common sense in the kitchen. Have a sharp knife to cut meat & cut and transfer directly to a pre-heated serving platter so food stays warm.
- If you are cooking for a group of people bigger than your typical family of 4 determine in advance how large a staging area you need to plate up or dish up the food. Clear this area before guests arrive so you can buzz through the service easily.
- Mentally “Buzz through” the menu and the cooking & heating prior to guests arrival so that you will have rehearsed the final preparations in your head before actually doing them. You will surprise yourself as to what is possible with an immense amount of pre-planning.