

 **K-STATE** Research and Extension *Finney County*
Extension Connection

November 2015

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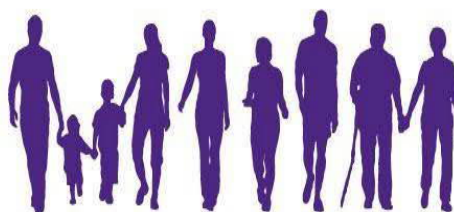
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Save the date!

What? Knowledge @ Noon
Where? Finney County Library
When? 8 December, 2015
Topic? "Gift Wrapping and Party Prep"

Fitness Tip

Knowing that 'tis the season for eating, try to block off time to burn some of the extra calories. Set aside time to take a walk, ride a bike, or go to the gym. Keep as close as you can to your regular fitness routine, but also take advantage of your time with your friends and loved ones. Plan a group activity, such as taking a walk together or playing a team sport.



Health Tip

Get quality rest! Enjoy your time off of work and take advantage of the ability to get quality rest. Wake up without the alarm clock on those holiday days off. If a gathering in the evening with friends or loved ones runs long, try to call it a night and plan to meet again the next day or plan to take a nap if you can find a free 20 to 30 minutes.

Food Preparation

Eat Smart!

Staying fit during the holidays doesn't mean you have to give up the turkey, dressing, and cranberry sauce but it does involve understanding the trade-offs involved in your choices, and making decisions that maintain a healthy balance. There are plenty of ways to eat smart during the holiday season. Find a healthy new dish—or two—to bring to your next holiday gathering. For your favorite holiday dishes, see if you can replace some of the ingredients with healthy substitutes.

(Check out the chart on the next page for some ideas on ingredient substitutions.)

Look for low-fat, low-cholesterol alternatives. Try to add more fresh fruits and vegetables to the meal or dish, and use herbs and spices instead of salt to lower the amount of sodium in dishes.



Food Preparation

Substitution Chart

Ingredient	Substitution
Butter	Alternative butter blends with lower saturated fats and cholesterol
Oil	Apple sauce or other pureed fruit
Cream Cheese	Low fat cream cheese
Sour Cream	Nonfat Sour Cream Low fat Sour Cream Pureed Low Fat Cottage Cheese
Egg (to replace one whole egg)	2 egg whites Egg white from one egg with 2 teaspoons of egg substitute 3 teaspoons of vegetarian egg substitute
Heavy Creams	Equal parts heavy cream and half and half Light cream Equal parts light cream and whole milk Whole milk Soy "cream" Soy, rice, almond, etc., "milk"
Chocolate	Nuts Dried fruit Cocoa Powder
White Flour	Whole wheat, almond, oat flour
Frosting	Fruit Preserves Confectioner Sugar
Sugar	In most baked goods you can reduce the amount of sugar by one-half Intensify sweetness by adding vanilla, nutmeg or cinnamon

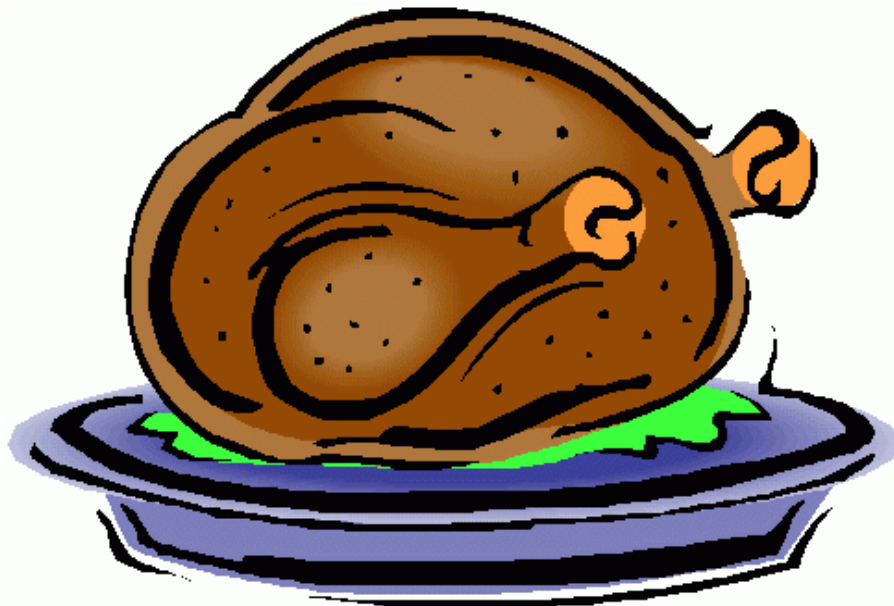
Turkey Food Safety

Choosing Your Turkey

When selecting your turkey, allow 1 pound of turkey per person for fresh or frozen or 1 ¼ pound per person for frozen pre-stuffed meat.

A few things have to be taken into consideration when selecting the turkey:

- * Frozen: Make sure you have adequate space in your freezer to keep it.
- * Fresh: Purchase it 1-2 days before cooking. Refrigerate on a tray or in a pan to catch any juices that may leak.
- * Frozen Pre-Stuffed: Check packaging for the USDA or State mark of inspection, which ensures that it has been processed under controlled conditions. Follow the packaging carefully for storage and cooking. **DO NOT THAW BEFORE COOKING!**
- * Safety Alert: Do not buy fresh pre-stuffed turkey! Bacteria spreads easily from the bird to the stuffing and can cause food poisoning!



Turkey Food Safety

Thawing Your Turkey

Going from frozen to thawed needs to be accomplished safely! There are three ways to thaw and, because bacteria can multiply rapidly at room temperature, none of these methods involve the kitchen counter.

- * **In the Refrigerator:** This is the safest way to thaw meat and poultry. Take the meat out of the freezer and place it on a plate or in a pan before placing it in the refrigerator to catch any juices that may leak.
- * **In Cold Water:** For faster thawing, put the frozen packaged meat in a watertight plastic bag and submerge it in cold water. Change the water every 30 minutes. The cold water slows bacteria that might be growing in the thawed portions of the meat while the inner areas are still thawing.
- * **In the Microwave:** Remove any outside wrapping and place meat on a microwave-safe dish to catch any juices that may drip. Cook immediately after thawing!

Turkey Thawing Chart: Approximate Timelines		
Turkey Size	In the Refrigerator (approximately 24 hours for every 4 to 5 pounds)	In Cold Water (approximately 30 minutes per pound)
4 to 12 pounds	1 to 3 days	2 to 6 hours
12 to 16 pounds	3 to 4 days	6 to 8 hours
16 to 20 pounds	4 to 5 days	8 to 10 hours
20 to 24 pounds	5 to 6 days	10 to 12 hours

After thawing in the refrigerator or cold water, poultry may be left in the refrigerator for up to 2 days before cooking.

- * **Forget to thaw?** It's safe to cook a turkey from frozen state. Keep in mind that it will take at least 50 percent longer than with a fully thawed turkey.
- * **Decide not to cook?** A turkey that has been safely thawed in the refrigerator can be refrozen safely.

Turkey Food Safety

Roasting Your Turkey

Numerous recipes exist that let you prepare your turkey to your liking. A basic recipe is attached to this newsletter. Regardless of the preparation, the following guidelines have to be met for roasting your turkey safely:

- * Set your oven temperature no lower than 325 degrees F.
- * Place your turkey on a rack in a shallow roasting pan.
- * Cook the meat to a safe internal temperature of 165 degrees F throughout the bird.
- * Check the internal temperature in the innermost part of the thigh and wing AND the thickest part of the breast.
- * Check the temperature even if the turkey uses a “pop-up” temperature indicator.
- * You may choose to cook the meat to a higher internal temperature according to your preference.
- * Let the turkey stand for 20 minutes after roasting to allow the juice to set. This will provide for easier carving.

Turkey Size	Unstuffed	Stuffed
4 to 6 pounds (breast)	1 1/2 to 2 1/4 hours	Not usually applicable
6 to 8 pounds (breast)	2 1/4 to 3 1/4 hours	2 1/2 to 3 1/2 hours
8 to 12 pounds	2 3/4 to 3 hours	3 to 3 1/2 hours
12 to 14 pounds	3 to 3 3/4 hours	3 1/2 to 4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 1/2 to 5 hours	4 3/4 to 5 1/4 hours

*The cooking time for a frozen turkey will take at least 50% longer than

Turkey Food Safety

Leftover Turkey

Storing:

- * Cut the leftovers into small pieces so they reach cooling temperatures faster and stay safe.
- * Refrigerate turkey, stuffing, and gravy separately and within 2 hours of cooking. If leftovers are left longer, DISCARD!
- * Use leftovers within 3-4 days or freeze them. For best quality, eat frozen leftovers within 2-6 months.

Reheating:

- * When reheating leftovers in the oven, set the temperature to no less than 325 degrees F and reheat food to an internal temperature of 165 degrees F.
- * To keep turkey moist, add a little water or broth before reheating and cover.
- * When reheating leftovers in the microwave, cover and rotate food for even heating.
- * Check the internal temperature to make sure it reached 165 degrees F before eating.

*If you're not sure how old a food is, or fear that it may not have been properly refrigerated or has been left out too long, DON'T TASTE IT! Instead, remember the "golden rule" of food storage:

When in doubt, throw it out!

Turkey Recipe

Easy Garlic Herb-Brined Turkey

Preparation Time: 20 min Total Time: 11 hours (incl. refrigerating)
Makes: 18 Servings

What you need:

- 1 fresh turkey (12 lb)
- 3 qt (12 cups) water
- 1 cup kosher salt
- 12 cloves garlic, slightly crushed
- 1 small onion, sliced
- 8 sprigs fresh parsley
- 4 sprigs fresh rosemary
- 4 bay leaves
- 1 gal (4 qt) ice water
- 1 bottle (16 oz) Italian dressing
- 1/4 cup butter

Make It:

Remove neck and giblets from turkey cavities. Place turkey in plastic brining bag or turkey-sized oven bag.

Bring 3 qt water, salt, garlic, onions, and herbs to a boil in 8-qt stockpot on high heat, stirring occasionally. Remove from heat. Add ice water and dressing and stir until ice is melted. Slowly pour over turkey in bag and tightly close bag. Refrigerate at least 8 hours or up to 16 hours.

Remove turkey from bag and discard the bag and brine. Pat turkey dry with paper towels. Let stand at room temperature for 30 min.

Heat oven to 425 degrees F. Place turkey on rack in roasting pan sprayed with cooking spray. Bake 20 min. Reduce oven temperature to 375 degrees F. Melt butter and brush onto turkey.

Bake 2 hours or until turkey is done (165 degrees F internal temperature).

KSRE Business

New Family and Consumer Sciences

Program Development Committee Members

With a new Finney County Extension Council year starting, new members have been voted into the Program Development Committee for the Family and Consumer Sciences. As change is inevitable, I fully embrace it and see it as a new opportunity to get more people of Finney County involved in Extension and its programming. The mission is still the same: Helping people to help themselves through unbiased and research based information from our land grant university of Kansas State.

The FCS PDC is made up of the following members:

Charlotte Bargdill Rosemary Corbett Tracy Johnson
Sondra Simmons Tessy Thykkuttathil Beth Vondrak

I am looking forward to working with these ladies to create opportunities and positive change in Garden City and Finney County and I appreciate everything they do to support K-State Research and Extension.

Please, call for any and all questions in regards to programs in the community and the Extension Office will be glad to help or find someone that can. And spread the word about all the wonderful things we do as well as bring suggestions on where you see a need that we might be able to address.

Anne Combs ~ FCS Extension Agent ~ Finney County Office

