

Cleveland County Kitchen
November 2020
Food of the Month – Deep Fried Turkey
Chef – Corey Steel



Cayenne and Brown Sugar Brine

Ingredients

- 3 cups packed light brown sugar (about 1 1/4 pounds)
- 1 1/2 cups Dijon mustard
- 1/4 cup plus 2 tablespoons salt
- 2 tablespoons cayenne pepper
- 2 gallons cold water
- 1 bunch of thyme
- 1 head of garlic, separated into cloves and crushed

Instructions

1. In a large stockpot, whisk the brown sugar with the mustard, salt and cayenne.
2. Gradually whisk in the water, then add the thyme and garlic.
3. Add the turkey, cover and brine in the refrigerator for 35 hours.

Herbal Rub

Ingredients

- 3 tablespoons kosher salt
- 1 1/2 tablespoons freshly ground black pepper
- 1 1/2 tablespoons dried thyme
- 1 1/2 tablespoons dried rosemary
- 1 1/2 tablespoons ground paprika

Instructions

1. Combine the ingredients above into a container - the rub can be pre-made and stored in an air tight container for up to 1 month in advance.
2. Starting at the neck end of the turkey, slowly and carefully slide your hand between the skin and the meat of the breast, thighs, and upper drumsticks to separate and loosen the skin.
3. Spread the herb rub under the skin on the thighs, drumsticks, and breasts. Spread any remaining rub inside the turkey cavity and on top of the skin.
4. Let the seasoning mixture sit on the poultry, covered, and refrigerated, for one to two hours. Never leave poultry out at room temperature.
5. To ensure good oil flow, make sure the neck cavity is wide open and use a small sharp knife to cut a small slit through the skin where the leg meets the breast.

Cajun Rub

Ingredients

- 1/4 cup salt (non-iodized)
- 2 tablespoons onion powder
- 2 tablespoons [paprika](#) (not smoked)
- 1 tablespoon oregano (ground)
- 1 tablespoon garlic powder
- 2 teaspoons [cayenne pepper](#) (adjust to your liking)
- 1 teaspoon thyme (dried)

Instructions

1. Combine the ingredients, as in the Herbal Rub - these can be pre-made and stored for up to a month in advance in an air tight container.
2. You may want to wear rubber gloves when applying the rub so the hot spices won't irritate your skin (especially if you rub your eyes hours later).
3. Pat your turkey dry.
4. Rub the mixture over the entire surface of the poultry, inside and out. Do your best to work the rub in under the skin of the breast.
5. Let the seasoning mixture sit on the poultry, covered and refrigerated, for one to two hours. Never leave poultry out at room temperature.

How to Deep Fry the Turkey

Instructions

1. In a turkey fryer or an 18-quart or larger stockpot, *check to determine the correct amount of oil needed to safely fry the size turkey you are preparing.
2. Add oil to turkey fryer or an 18-quart or larger stockpot and bring the oil to 350°; this can take up to an hour.
3. Remove the turkey from the brine and pat it dry inside and out with paper towels.
4. Transfer the turkey to a frying basket, breast side up.
5. Lower the turkey into the hot oil and fry for 3 minutes per pound, 36 minutes.
6. Lift the basket out of the fryer and check for doneness using a food thermometer – thermometer should register 165 degrees when checked in several thickest spots as directed in this fact sheet: ***Turkey Talk: Cooking /***
https://foodsafety.ces.ncsu.edu/wp-content/uploads/2020/11/Turkey-Talk_Cook-Temps_IG_Nov2019-1.png
7. Drain the turkey on a rack set over a rimmed baking sheet for 15 minutes.
8. Carve and serve.

***Safety Note:**

- Determine the amount of oil needed to safely fry the turkey BEFORE brining or preparing the turkey with the rub.
- To measure the amount of oil needed to fry the turkey, put the turkey in the fryer, add water to top of turkey, and mark the water line with a marker. Remove the turkey and the water line will indicate how much oil will be needed to fry your turkey. Having too much oil can be a safety hazard and cause a fire.
- The pot should not be more than 3/4 full or the oil could overflow when the turkey is added.
- Dry the fryer before adding the oil.

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