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4-page pullout



Roasted Turkey... the Guam Firehouse Cook Way!!

BY RUEBEN OLIVAS,
BBQGUAM

We love roasted turkey. And we don't wait for the holidays in order to enjoy it either. Sometimes we will BBQ the turkey low and slow, especially on a Kettle grill which seems to work out perfect for this. So we wanted to share with everyone our recipe for cooking a delicious, moist and crispy turkey.

First things first...

It is very important to defrost the turkey in refrigerator until completely thawed. This may take 2 days or more.

Soak turkey in brine overnight in the refrigerator. Use a container large enough for the turkey and brine.

Recipe for Brine:

Ingredients:

- 1 gallon water
- 1-1/2 cups of kosher salt
- 2 cups of brown sugar
- Stir until seasoning is dissolved

Directions:

1. Adjust the brine to your individual taste. More salt, more brown sugar??
2. The brine ensures a very moist turkey as well as getting the seasoning to soak thoroughly into the meat, thus enhancing the flavor.
3. Next day take turkey out of the brine and allow to drain for about 1/2 hour in the refrigerator. The refrigerator will dry out the skin and will give the roasted turkey a crispier skin.
4. Rub bird down, inside and out, with olive oil or canola oil.
5. Apply a medium amount of Santa Maria rub. Make sure that you rub under the skin of the turkey in the breast area.

Recipe for Rub:

Ingredients:

- 1 tablespoon sea salt
- 1 tablespoons granulated garlic powder



- 1 tablespoon of Kosher Salt
- 1 tablespoon of granulated onion power
- 1/2 teaspoon dried parsley, fine grind
- 1/4 teaspoon black pepper, medium grind
- 1/4 teaspoon Accent (MSG) - optional

Directions:

1. Chop the parsley or crush it between your fingers to make it small enough to mix well with the other ingredients. Combine all ingredients and mix thoroughly. If you need larger amounts, just double or triple the ingredient amounts.
2. Set turkey on a roasting rack inside the roasting pan (must have cover).
3. Use two packages of Lipton's Onion Soup/ Dip mix. Sprinkle one over the turkey. The other mix into 4 cups of water, minimum, and pour into the bottom of the roasting pan. You may need to add more water during cooking. Do not allow the water to completely evaporate while roasting.
4. Place one stick of butter into the cavity of the turkey.
5. Place one stick of butter, 1/2 stick to each side, into the water of the roasting pan.
6. Preheat oven to 325 F.
7. Follow the cooking times for the turkey on the package.
8. Cook covered for half the recommended time and uncovered for the rest of the time. This will ensure a thoroughly cooked turkey that is also well browned.
9. Baste the turkey from time to time, while roasting, to get that shiny glaze on the skin. The butter in the water also helps crisp the skin.
10. Use a meat thermometer.
11. For a turkey with stuffing, insert meat thermometer into the center of the stuffing in the turkey cavity. The reading should be no less than 165 F.
12. For a turkey without stuffing, insert meat thermometer into the thickest part of the thigh, not on the bone. The reading should be no less than 185 F.
13. Once you reach these temperatures, take the turkey out of the oven and let it rest for about 1/2 hour.
14. If the wing tips and drumstick tips or any other part of the turkey start to get too dark while roasting, cover those parts with tin foil to avoid burning.
15. Use the turkey drippings in the roasting pan for your gravy.

I hope you enjoy my roast turkey recipe.

– bbqguam.blogspot.jp



Cranberry -Orange Relish

Ingredients:

- 2 medium oranges
- 4 cups fresh cranberries (1 pound)
- 2 cups sugar
- 1/4 cup finely chopped walnuts

Directions:

1. With a vegetable peeler, remove the orange portion only, of the peel of one orange; set aside.
2. Using a sharp knife, completely peel and section both oranges. Be careful to remove all the bitter white pith on the underside of the peel and the membrane between each orange section.
3. Using a food processor or blender with a coarse blade, grind reserved orange peel, orange sections, and cranberries.
4. Stir in sugar and nuts.
5. Chill for several hours or overnight before serving.

– Defense Commissary Agency



Walnut, Apple Stuffing

Ingredients:

- 1 cup shredded carrot
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup butter or margarine
- 1 teaspoon ground sage or poultry seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 8 cups dry bread cubes
- 2 cups finely chopped, peeled apple
- 1/2 cup chopped walnuts
- 1/4 cup wheat germ
- 1/2 to 3/4 cup chicken broth

Directions:

1. In a skillet, cook carrot, celery and onion in butter or margarine until tender but not brown.
2. Stir in sage or poultry seasoning, salt, cinnamon and 1/8 teaspoon pepper.
3. In a large mixing bowl, combine bread cubes, chopped apple, walnuts and wheat germ. Add cooked vegetable mixture.
4. Drizzle with enough chicken broth to moisten, tossing lightly.
5. Use to stuff one 10-pound turkey. May also be baked as dressing – bake at 350 degrees for 30 to 40 minutes.

Yields: 10 servings

– Defense Commissary Agency





Smoked & Grilled Turkey

BY ANNETTE “ANNIE” MERFALEN,
ANNIE’S CHAMORRO KITCHEN

Turkey doesn’t have to be served only during Thanksgiving or other holiday meal. Chamorros love to BBQ, but occasionally, we like to smoke and grill a turkey instead of the traditional BBQ fare of ribs and chicken. Whether baking, frying, grilling or smoking a turkey, I recommend brining the turkey at least 24 hours prior to cooking. Brining not only adds flavor to the turkey, but it seals in the juices during the cooking process, yielding an incredibly moist, juicy, tasty turkey.

- Ingredients:**
- 1 turkey, about 12-15 pounds
- For the Brine:**
- 2 gallons water
 - 1 cup sea salt
 - 2 tablespoons rosemary-garlic mix (or 1 tablespoon rosemary, 1 tablespoon garlic powder)
 - 1 tablespoon dried sage
 - 1 tablespoon whole black peppercorns
 - 1 tablespoon dried thyme leaves
 - 1 tablespoon dried parsley flakes
 - 2 bay leaves
 - 4 tablespoons good quality honey
 - 2 tablespoons dark brown sugar
 - 1 tablespoon powdered chicken bouillon
 - 1 orange, sliced
 - 2 limes, sliced
 - 1 medium onion, sliced
 - 1 gallon ice cubes
- Stuffing:**
- 1 medium onion, sliced
 - 2 apples, cut into wedges
 - 1 whole head of garlic

- Directions:**
- 1. Make the brine.**
- Place one gallon of water into a large pot.
 - Add the sea salt to the pot of water.
 - Add the herbs/spices and bay leaves to the pot.
 - Add the honey.
 - Add the brown sugar.
 - Add the chicken seasoning.
 - Give it a stir then bring the mixture to a boil.
 - Pour the brine into a clean bucket (we bought a PBA-free bucket at Lowe’s).
 - Add the sliced limes, orange and onion to the bucket. My daughter was being funny and called this “turkey punch” ;)
 - Let the brine cool completely before adding the turkey.
 - Remove the giblets and neck from the cavity of the turkey. Rinse well then add the turkey to the cooled brine. I



don’t think there’s a “wrong way” to place the turkey into the bucket, but I like to place it with the legs pointing up so that most of the turkey meat is submerged in the brine. Of course, you could just add more water to the bucket until the bird is completely drowned. ;)

- Pour in the two gallons of ice cubes — about 2 pitcherfuls.
- Place the lid on the bucket (if yours doesn’t come with a lid, use aluminum foil to cover it) then place the bucket in the refrigerator. Let the turkey soak in the brine for at least 24 hours.



- 2. Smoke/Grill the turkey.**
- After 24 hours, remove the turkey from the brine. Chop up 2 apples and 1 onion, and peel the skin/paper off each clove in an entire head of garlic.
 - Stuff the apple, onion and garlic mixture into the cavity of the turkey.
 - Place the turkey in the smoker/grill. Follow the smoking/grilling directions for your smoker. I have a Traeger smoker/grill that has automatic temperature settings. Here are the procedures for using a grill (like a Traeger) that has automatic temperature settings.
 - After turning on the grill, set it to 450 degrees; let the heat build up for about 15 minutes. Turn the heat back down to the Smoke setting then place the turkey on the grill, smoking it for approximately 9 hours.



NOTE: If you want to cut down the cooking time, do NOT stuff the turkey until about one hour from being done. An unstuffed turkey cooks faster than a cooked one. If you decide NOT to stuff the turkey, smoke it for 6 hours instead of 9. This is what the turkey looked like after 3 hours of smoking. After 8 hours of smoking, turn the heat up to 275 degrees and grill the turkey for one more hour or until the skin turns a nice dark brown color. If you don’t own a smoker/grill, bake the turkey at 325 degrees using the chart below as a basic guide.

Serve with your favorite side dishes. I recommend Chamorro Red Rice, Chamorro Stuffing and Fina’denne’. Enjoy!

– www.annieschamorrokitchen.com

Bird Basics 101

How much turkey to buy

Plan on 1 pound per person for a regular bone-in turkey; about 1/3 pound per person for a boneless breast or turkey roast. Allow more, if you want plenty of leftovers, or to accommodate guests who favor only white or only dark meat. As with all raw meat, turkey can spoil quickly if not handled properly, so make the commissary the last stop on your holiday shopping trip. And make the turkey the last item placed in your grocery cart. At home, place the turkey in the refrigerator or freezer immediately.

How to thaw turkey safely

In the refrigerator: Turkeys can be thawed using one of three methods, but the safest, most foolproof, and most recommended is to thaw them in the refrigerator. In addition to being the safest method, this will also result in the best finished product. Plan ahead and allow about 24 hours for every 4 to 5 pounds of bird weight. Place the turkey, in the original wrapper, on a shallow-rimmed baking sheet or platter in the refrigerator.

• Refrigerator Turkey Thawing Time (40 degrees F)

Turkey Weight	Days to Allow for Thawing Turkey
8 to 12 pounds	2 to 2.5 days
12 to 16 pounds	2.5 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

The Cold Water Method: If you need to thaw the turkey more quickly, use this method. Cover the turkey, still sealed in the original wrapper, with cold water. Change the cold water every 30 minutes. Allow about 30 minutes per pound for complete thawing.

• COLD Water Turkey Thawing Time

Turkey Weight	Hours to Allow for Thawing Turkey
8 to 12 pounds	4 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

The Microwave Method: Even though thawing can be safely done in the microwave, it is the least desired method for producing a good-quality finished product, and the turkey must be roasted immediately after thawing. Follow your microwave manufacturer’s directions for thawing. Roast the turkey immediately, once thawing is complete.

How long to cook oven roasted turkey

Cook until temperature reaches 170 degrees Fahrenheit in the breast and 180 F in the thigh. Cooking times are for planning purposes only - always use a meat thermometer to determine doneness. (Approximate Timetable for Roasting a Turkey at 325 degrees F)

Unstuffed Turkey	Time to Cook	Stuffed Turkey	Time to Cook
8 to 12 pounds	2¾ to 3 hours	8 to 12 pounds	3 to 3½ hours
12 to 14 pounds	3 to 3¾ hours	12 to 14 pounds	3½ to 4 hours
14 to 18 pounds	3¾ to 4¼ hours	14 to 18 pounds	4 to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours	18 to 20 pounds	4¼ to 4¾ hours
20 to 24 pounds	4½ to 5 hours	20 to 24 pounds	4¾ to 5¼ hours
24 to 30 pounds	5 to 5½ hours	24 to 30 pounds	5¼ to 6¼ hours

– Defense Commissary Agency

Tips for choosing and preparing a holiday turkey

Set yourself up for success with two simple rules: stick to the basics and start with great quality meat. If possible uses a turkey with no antibiotics or animal by-product in feed. Choose turkeys from farms that have achieved Global Animal Partnership 5-Step Animal Welfare Rating so you know your holiday bird was raised with care. For the juiciest, most flavorful meat, start with a fresh organic turkey and layer in flavor with a simple brine or herb rub. Try a brine kit, such as one from 365 Everyday Value, and then stuff chopped herbs under the skin before roasting. If you like bronzed, crispy skin, blast your turkey with heat at the beginning or end of cooking, breast side up. Roast until your meat thermometer reads 165 degrees Fahrenheit. Once done, let your turkey rest for 30 minutes before carving so juices redistribute. This locks in moisture and makes for smoother carving. It’s all about knowing where your turkey came from and the best way to lock in its juices and flavor.

– StatePoint



*"it's finger
lickin' good"*

The KFC Chicken Sandwich is Back!

Howdy folks! KFC's Colonel Sanders here! When making our famous Kentucky Fried Chicken Sandwich, people asked how I felt about burger places selling fried chicken. I'd say that's none of my business! Just like making fried chicken is none of theirs. So, if you are looking for tasty chicken, we have you covered. Get the Kentucky Fried Chicken Sandwich at your favorite KFC location. Follow KFC Guam on Facebook and Instagram and let us cater your next family meal and have it delivered to you directly from one of our restaurants! KFC, It's Finger Lickin' Good!



RESTAURANT INFO

A Taste of Guam

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RESTAURANT INFO