



Food and Fitness



November 2008

With the holiday approaching (or for any time of the year) you will want to keep the numbers of Iowa State University Answer Line handy. For more than 30 years professional consumer and family scientists have been answering questions about child development, cleaning, consumer management, food preparation, food preservation, food safety, home environment, household equipment, nutrition, textiles and laundry.

The toll-free lines operate Monday through Friday, 9 a.m.–noon and 1–4 p.m.

- 1-800-262-3804 (in Iowa)
 - 1-800-854-1678 (in Minnesota)
- 1-800-735-2942 (Relay Iowa phone linkage for deaf and hard-of-hearing individuals)

Or if you prefer, find the answers to your questions at their Web site:

www.extension.iastate.edu/answerline/



Cooking an Unstuffed Frozen Turkey

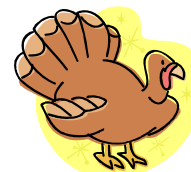
Yes, it is safe to roast a turkey from the frozen state. However, cooking time will take longer than a fresh or thawed bird. To determine an approximate cooking time, consult a timetable for oven-roasting

whole turkey. Use the timing for the size bird you have, and then add 50% of that time to the original time. Do **not** smoke, grill, deep fat fry, microwave or use an oven cooking bag to roast a frozen turkey.

Roasting time is approximate, so check the turkey often near the end of the estimated cooking time. Insert a food thermometer in the innermost part of the thigh, when it has defrosted enough to easily insert one. The turkey is safely cooked when the food thermometer reaches a minimum of 165° F in the innermost part of the thigh and wing and the thickest part of the breast.

Giblet packages and the turkey neck may be found inside the turkey cavity and/or tucked under the flap of skin at the front of the breastbone. When the turkey has sufficiently defrosted, the package may be removed carefully with tongs and/or forks during the cooking.

If the giblets were paper wrapped before being inserted (which is the case with most whole birds) there is no concern if they cook completely inside the bird. If the giblets were packed in a plastic bag, and the bag has been altered or melted by the cooking process, do not use the giblets or the turkey. Harmful chemicals may have leached into the surrounding meat. If the plastic bag is not altered the meat should be safe to eat.



For Questions
About...

Polk County
Congregate Meals
515-286-2062

Commodity &
Supplemental Foods
515-286-3655

Nutrition, Food
Preparation &
Food Safety
ISU AnswerLine
1-800-262-3804

Iowa Turkey Facts

Iowans have been raising and processing turkeys since the 1930's. Today a little over 8 million turkeys are commercially raised in Iowa. Iowa ranks 9th in the United States in turkey production.

Source: Iowa Turkey Federation

Dressing --- Slow Cooker

When the oven is full this recipe can save the day!!

½ cup butter or margarine
2 cups chopped onion
2 cups chopped celery
¼ cup parsley springs
2 8-oz. cans mushrooms, drained
12 to 13 cups slightly dry bread cubes
1 tsp. poultry seasoning
1 ½ tsp. salt
1 ½ tsp. sage
1 tsp. dried thyme
½ tsp. pepper
3 ½ to 4 ½ cups broth and giblets
2 well beaten pasteurized eggs or ½ cup pasteurized egg product (ex. Egg Beaters)

Note: if using seasoned stuffing mix, omit herbs and salt.

Melt margarine in skillet and sauté onion, celery, parsley and mushrooms. Pour over bread cubes in a very large mixing bowl. (Never mix wet and dry ingredients until you are ready to cook the dressing.) Add all seasonings and toss together well. Pour in enough broth to moisten; add beaten eggs and mix together well. Spoon into slow cooker, do not pack. Do not fill the cooker less than ½ or more than 2/3 full. Cover. Cook on high 45 to 60 minutes and then reduce heat to low and cook 4– 8

hours. Stir once or twice if desired or the dressing may get crusty on the side. Check the final temperature with an accurate food thermometer.

The end temperature should be 165° F.

Source: Adapted from Rival Crock Pot User Manual

Slow Cooker Safety

When preparing food in a slow cooker, follow these guidelines:

- Start with fresh or thawed meat, not frozen
- Use chunks rather than large cuts or roasts. Use pieces of poultry – not a whole chicken
- Cook meat on high for 1 hour and then turn cooker to low
- Only use recipes that include a liquid
- Check the internal temperature to make sure food reaches 160 °F – some recipes may call for a higher temperature
- Do not delay starting time
- Do not reheat foods in slower cooker
Keep the lid on

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