

Peanut BITES



 **The Peanut Institute**
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Turkey Frying With Peanut Oil

Getting ready for the big game? Be sure to please your crowd by preparing a juicy deep-fried turkey using peanut oil. Deep-frying your turkey in 100% peanut oil is the ultimate way to ensure high quality taste and perfection.



This is because peanut oil has a higher smoke point than most oils; this allows the oil to get hotter which results in having a very crispy outside and keeps it juicy inside. Deep-frying your turkey is also quicker than roasting it in the oven!

Is deep-frying a turkey unhealthy?

Peanut oil is one of the healthiest oils. It is a vegetable oil that is naturally trans fat-free, cholesterol free, and low in saturated fats. Peanut oil is high in healthy unsaturated fats, especially monounsaturated fat, like olive oil. It is also a source of the antioxidant vitamin E and phytosterols, which benefit heart health.

If you compare the calories of a baked turkey to a deep-fried turkey there is a very subtle difference in calories. A 4-ounce serving of roasted turkey has 241 calories and 12 grams of fat while a 4-ounce serving of turkey deep-fried in peanut oil comes in at 253 calories and under 14 grams of fat. However, many people add butter and/or gravy to their baked turkey because it is dry, this means that overall a serving of baked turkey could end up having more calories than a deep-fried turkey!

A study done by the American Journal of Clinical Nutrition in looked at the health benefits of peanut oil and found that it aided in reducing bad blood cholesterol levels.

To read more about the health benefits of peanut oil click [here](#).

While The Fryer Is Hot...

Peanut oil is the ONLY oil that doesn't transfer or hold flavors from the foods you cook in it. So after your done frying your turkey you can immediately throw in many other foods. Such as:



Raw Veggies: Bread onion rings, zucchini, jalapeños or any other vegetable you want for the perfect appetizer.

Fries: Toss in french fries, sweet potato fries or curly fries for a hot and crispy side dish.

Meats: Peanut oil isn't just for deep-frying turkey, you can deep fry chicken or fish in it as well!

For more recipes click [here](#).

Recipe From Super Bowl LI Half-Time Headliner: Lady Gaga

10 Lb. Fresh whole turkey

3 Gallons Peanut oil

Rub
Composed
of:

1 1/2 tbsp dry sage

1 1/2 tbsp thyme

1 1/2 tbsp Italian parsley

1 tbsp salt

1 tbsp onion powder

1 tbsp black pepper



Preheat oil to 375°. Remove giblets and neck from body cavities of turkey. Discard or refrigerate for another use. Pat turkey dry with paper towels. Do not use the turkey lifter in fryer. Combine all the dry ingredients and rub the Turkey with them. Place turkey, breast side up, in basket. Slowly lower basket into hot oil, being cautious of splattering oil. Maintain oil temperature at about 350°. Fry turkey for 3-1/2 minutes per pound. Remove from oil to check if done. Insert an instant-read thermometer into thickest part of thigh, not touching bone. Temperature should read 180°. Remove the turkey and place it on a wooden board.

Visit Turkeyfrying.net to get more recipes and ideas from Lady Gaga, Paula Deen and many more!

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