



Fried Turkey with Southern Rub

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



840 min.

SERVINGS



12

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup t brown sugar dark packed
- 6 tablespoons ground mustard dry such as colman's
- 2 teaspoons filé powder
- 6 tablespoons kosher salt
- 2 teaspoons paprika hot
- 4 vegetable oil; peanut oil preferred for frying
- 15 pound turkey fresh

Equipment

- baking sheet
- paper towels
- pot
- kitchen thermometer
- ziploc bags
- cutting board

Directions

- Remove the bag of giblets and the neck from inside the turkey. Reserve in the refrigerator until ready to prepare the gravy. Rinse the turkey inside and out and pat it dry with paper towels. Trim most of the excess fat and skin from the neck and cavity (this allows for better frying). Make a 3-inch-long cut on either side of the turkey through the skin where the leg meets the breast. This will allow the oil to drain away and the thigh meat to cook completely.
- Place the turkey on a cutting board or baking sheet and coat it evenly with the rub, including inside the cavity.
- Place the turkey in a plastic bag and allow to rest in the refrigerator overnight.
- Heat the oil in a turkey fryer until it registers 350°F. (This takes about 40 minutes.)
- Remove the turkey from the refrigerator and let it sit at room temperature for 30 minutes.
- Remove it from the bag and lightly blot it with paper towels to remove excess moisture.
- Place the turkey on the frying rack, drumsticks pointing upward as though it's doing a headstand. Use the grab hook to very slowly lower the turkey into the heated oil; this takes at least 90 seconds. The oil will boil furiously; this is normal. Wear heatproof gloves and safety goggles, and do not drop the turkey. Once the turkey is completely submerged, remove the hook. Fry for about 3 minutes per pound or until the juices run clear and a thermometer inserted into the inner part of the thigh reads 155°F. Use the grab hook to slowly remove the turkey from the oil, allowing sufficient time for the hot oil to drain away.
- Place the turkey and rack on a rimmed baking sheet set on the ground, and let them sit a few minutes before moving to allow any extra oil to drain.
- Let the turkey rest for at least 15 minutes.

- Remove it from the rack and carve. Note: To figure out how much oil to use, try this displacement trick: Before unwrapping your turkey, place it in the frying pot and add enough water to cover it completely.
- Remove the turkey from the pot and measure the water. That's how much oil you should use. Beverage pairing: Dixie beer, Louisiana. There's nothing like a crisp, sharp, and somewhat neutral American light lager with fried turkey. And you might as well have something with true Southern roots like Dixie, though Bud or PBR would be just as delicious.

Nutrition Facts

PROTEIN 57.77% **FAT 35.54%** **CARBS 6.69%**

Properties

Glycemic Index:3.92, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:32.266956448555%

Nutrients (% of daily need)

Calories: 621.97kcal (31.1%), Fat: 24.09g (37.05%), Saturated Fat: 5.97g (37.32%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 9.64g (3.51%), Sugar: 9.41g (10.45%), Cholesterol: 289.85mg (96.62%), Sodium: 3942.36mg (171.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 88.09g (176.19%), Vitamin B3: 30.93mg (154.65%), Selenium: 93.17µg (133.11%), Vitamin B6: 2.44mg (121.82%), Vitamin B12: 4.91µg (81.85%), Phosphorus: 767.22mg (76.72%), Zinc: 7.41mg (49.37%), Vitamin B2: 0.76mg (44.6%), Vitamin B5: 3.31mg (33.15%), Magnesium: 115.24mg (28.81%), Potassium: 949.19mg (27.12%), Iron: 3.96mg (21.99%), Copper: 0.34mg (17.15%), Vitamin B1: 0.22mg (14.84%), Folate: 34.12µg (8.53%), Manganese: 0.16mg (8.24%), Vitamin D: 1.21µg (8.05%), Vitamin A: 391.16IU (7.82%), Calcium: 64.49mg (6.45%), Vitamin E: 0.65mg (4.32%), Fiber: 0.56g (2.26%)