



Southern-Style Deep-Fried Turkey

 Dairy Free

READY IN



620 min.

SERVINGS



20

CALORIES



8691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons pepper black
- ☐ 1 tablespoon ground pepper red (cayenne)
- ☐ 1 tablespoon pepper white
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon nutmeg
- ☐ 1 tablespoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup red wine vinegar

- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 10 lb turkey whole frozen thawed
- ☐ 1 goat meat
- ☐ 1 deep dish pie crust with basket, burner and propane tank
- ☐ 5 gallons safflower oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Read the Turkey Deep-Frying Do's and Don'ts (below). In small bowl, mix all spice rub ingredients until blended; set aside. In shallow glass or plastic bowl, mix all marinade ingredients until salt is dissolved; set aside.
- ☐ Remove giblets and neck from turkey; rinse turkey well with cold water; pat dry thoroughly with paper towels. Take extra care to dry both inside cavities, because water added to hot oil can cause excessive bubbling. To allow for good oil circulation through the cavity, do not tie legs together.
- ☐ Cut off wing tips and tail because they can get caught in the fryer basket.
- ☐ Place turkey in large pan.
- ☐ Rub inside and outside of turkey with spice rub. Inject marinade into turkey, following directions that came with injector. Cover turkey in pan; place in refrigerator at least 8 hours

but no longer than 24 hours.

- ☐ Place outdoor gas burner on level dirt or grassy area.
 - ☐ Add oil to cooking pot until about 2/3 full. Clip deep-fry thermometer to edge of pot. At medium-high setting, heat oil to 375°F. (May take 20 to 40 minutes depending on outside temperature, wind and weather conditions.)
 - ☐ Place turkey, neck end down, on basket or rack. When deep-fry thermometer reaches 375°F, slowly lower turkey into hot oil. Level of oil will rise due to frothing caused by moisture from turkey but will stabilize in about 1 minute.
 - ☐ Immediately check oil temperature; increase flame so oil temperature is maintained at 350°F. If temperature drops to 340°F or below, oil will begin to seep into turkey.
 - ☐ Fry turkey about 3 to 4 minutes per pound, or about 35 to 42 minutes for 10- to 12-pound turkey. Stay with fryer at all times because heat may need to be regulated throughout frying.
 - ☐ At minimum frying time, carefully remove turkey to check for doneness. A meat thermometer inserted into thickest part of breast should read 170°F. If inserted into thigh, it should read 180°F. If necessary, return turkey to oil and continue cooking. When turkey is done, let drain a few minutes.
 - ☐ Remove turkey from rack; place on serving platter. Cover with foil; let stand 20 minutes for easier carving.
- Turkey Deep-Frying Do's and Don'ts:** We want your turkey-frying experience to be successful, especially if it's your first time, so we've gathered these important reminders. Please take a moment to read them before getting ready for a great-tasting feast. Do's: Follow the use-and-care directions for your deep-fryer when deep-frying turkey, and review all safety tips.
- ☐ Place the fryer on a level dirt or grassy area away from the house or garage. Never fry a turkey indoors, including in a garage or any other structure attached to a building. Use only oils with high smoke points, such as peanut, canola or safflower oil. Wear old shoes that you can slip out of easily and long pants just in case you do spill some oil on you. Immediately wash hands, utensils, equipment and surfaces that have come in contact with the raw turkey. Have a fire extinguisher nearby for added safety.
 - ☐ Never fry on wooden decks or other structures that could catch fire, and don't fry on concrete, which could be stained by the oil. Never leave the hot oil unattended, and do not allow children or pets near the cooking area.

Nutrition Facts

 PROTEIN **1.72%**  FAT **97.97%**  CARBS **0.31%**

Properties

Glycemic Index:12.3, Glycemic Load:0.32, Inflammation Score:-9, Nutrition Score:23.96565234402%

Nutrients (% of daily need)

Calories: 8690.89kcal (434.54%), Fat: 961.98g (1479.97%), Saturated Fat: 75.22g (470.14%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 6.06g (2.2%), Sugar: 0.44g (0.49%), Cholesterol: 123.17mg (41.06%), Sodium: 643.01mg (27.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.1g (76.2%), Vitamin E: 323.37mg (2155.77%), Vitamin K: 75.27µg (71.68%), Vitamin B3: 13.81mg (69.05%), Selenium: 38.55µg (55.07%), Vitamin B6: 1.07mg (53.4%), Phosphorus: 331.52mg (33.15%), Vitamin B12: 1.99µg (33.12%), Zinc: 3.03mg (20.21%), Vitamin B2: 0.33mg (19.5%), Vitamin B5: 1.52mg (15.18%), Potassium: 437.07mg (12.49%), Magnesium: 48.73mg (12.18%), Iron: 2.06mg (11.45%), Manganese: 0.2mg (9.98%), Copper: 0.16mg (7.83%), Vitamin B1: 0.12mg (7.69%), Folate: 21.19µg (5.3%), Vitamin A: 234.82IU (4.7%), Vitamin D: 0.49µg (3.3%), Calcium: 28.86mg (2.89%), Fiber: 0.62g (2.49%)