
Deep-Fried Turkey

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Preparation Time: 1 hour

Start to Finish Time: 3 hours

TIPS & TRICKS

- 1.) You will need a thirty-quart fryer and an injector syringe for this recipe. Set up the fryer on a sturdy, nonflammable surface far from the house.
- 2.) Make sure that your turkey is very dry before frying. Pat with paper towels both inside and out to absorb any excess moisture.
- 3.) Turn the flame off before lowering the turkey into the oil or when removing it. Wear protective gloves. If the oil starts to spatter, wait a few seconds before continuing.

1 ten- to twelve-pound turkey, thawed if frozen. Do not remove from the plastic packaging.

1 stick unsalted butter

1/2 cup low-sodium chicken broth

1 small head garlic, cloves crushed and peeled

3 sprigs thyme

3 fresh bay leaves

zest of one lemon, removed with a vegetable peeler

juice of one lemon

Kosher salt

freshly ground pepper

4 to 5 gallons vegetable oil or other neutral frying oil

To determine how much oil that you will need for frying, set your turkey (still in the plastic) in your frying pot, legs up. Measure and add enough water just to cover the turkey. (There should be at least six inches between the water line and the top of the pot to fry safely.) Remove the turkey and water and dry the pot very well.

In a small saucepan, combine the butter, broth, garlic, thyme, bay leaves, lemon zest and one tablespoon of salt. Bring to a simmer over very low heat. Cook until the garlic softens, about 15 minutes. Remove from the heat. Stir in the lemon juice. Let cool completely. Strain. Reserve the liquid and discard the solids.

One hour before you are ready to cook, take the turkey out of the refrigerator and remove the neck and giblets. Pat the turkey very dry, inside and out. If there is a pop-up timer, remove and discard. Use an injector syringe to inject the butter mixture into the turkey, four or five places in each breast and two or three in each leg and thigh. (Inject as deep in the flesh as you can.) Pat dry if any of the mixture leaks out. Season the turkey inside and out with one tablespoon of salt and two teaspoons of pepper. Rub in well.

Add the oil to the frying pot. Heat to 350 degrees (if using a propane fryer, heat over medium). It should take 45 minutes to one hour to heat the oil. Once the oil reaches 350 degrees, using protective gloves, slowly lower the turkey into the fryer according to the manufacturers instructions.

The oil temperature will drop 30 to 40 degrees almost immediately. Adjust the heat so the temperature stays between 300 and 325 degrees the whole time that you are frying. Fry for 3 minutes per pound.

When the turkey is done, turn off the fryer. Using the gloves and the lifting rack, carefully remove the turkey from the oil to a rack set on a rimmed baking sheet. Insert a meat thermometer into the thickest part of the thigh; it should register 155 degrees. Let the turkey rest for 20 to 30 minutes before removing from the rack and carving (the internal temperature will increase about 10 degrees).

Make sure that the frying oil cools completely before discarding, at least four hours.

Yield: 6 to 8 servings

Turkey

Per Serving (excluding unknown items): 9077 Calories; 506g Fat (51.6% calories from fat); 1055g Protein; 10g Carbohydrate; 5g Dietary Fiber; 3737mg Cholesterol; 3375mg Sodium. Exchanges: 1/2 Grain(Starch); 144 1/2 Lean Meat; 0 Vegetable; 18 1/2 Fat.