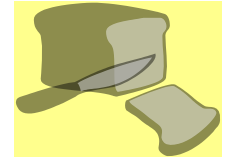


BREAD & BUTTER

Happy Thanksgiving



November 2011

Tewksbury Community Pantry
978-858-2273 (858-CARE)
Email: info@tewksburypantry.org
Website: <http://www.tewksburypantry.org/>

Safety Tips for Cooking Turkey

Thawing the Turkey

Place the frozen turkey on a pan at least 1 inch deep on the bottom shelf of a refrigerator that is properly set at a temperature below 40 degrees Fahrenheit. There should be no food located under the shelf the turkey is sitting on. A frozen turkey requires a full 24 hours of thawing time for every 5 lbs. of turkey. Alternately, the turkey can be thawed in cold water by completely submerging it in a deep sink of cold water. The turkey will need about 30 minutes per lb. to thaw out in cold water. Additionally, the water must be changed every ½ hour to keep it cold. Do not attempt to hurry the process by using hot water; this will accelerate the growth of bacteria. Cook the turkey immediately after defrosting.

Cooking the Turkey

It is very important to wash and sanitize the counters, sinks and hands before and after handling the turkey. Remove the wrapper, the neck that is stored in the turkey cavity and the package of giblets located under the flap of skin at the head of the thawed turkey and discard. Place the thawed turkey in a deep roasting pan and place it into an oven and cook it for the length of time at the temperature shown on the package directions. Use a metal stem thermometer by inserting the thermometer about 2 inches into the thickest part of the dark meat of the thigh, located next to the body of the turkey. The turkey is done when the temperature reaches 165 degrees. Make stuffing immediately prior to placing it into and cooking the turkey. Cook the stuffing to a minimum temperature of 165 degrees.

Turkey Leftovers

- Placing leftovers in shallow containers in the refrigerator allows leftover cooked food to cool more quickly.
- If you have a large quantity of leftover cooked turkey, it may be best to store some of it in the freezer as soon as possible.
- Leftover turkey should not be frozen after it has been in the refrigerator for several days because it will have deteriorated in quality beyond the point that is safe for long term storage.
- In order to reduce the risk of food-borne illness, it is important to keep hot foods hot and cold foods cold.

December

Distribution Dates

Sunday, December 11th

9:00 AM—12:00 Noon

Monday, December 12th

7:00-8:30 PM

Saturday, December 17th

10:00 AM—12:00 Noon

Thanksgiving Distribution

Sunday, November 20th

10:00 AM-12:00 Noon

The 2011 application MUST be returned at or before the November distribution. If you do not return your application by the November distribution you will not be eligible to receive your Turkey and Fixings at the Special Thanksgiving Distribution which takes place the Sunday before Thanksgiving.

If you did not receive an application during the October distribution, please call the pantry at 978-858-2273



Recipe Corner



One Pan - Roast Turkey with Vegetables

(This is nice if you don't want to bother with gravy or mashed potatoes)

1 fresh turkey (8-10 lbs)
Freshly ground black pepper
1 lemon, halved
3 onions
1 head garlic, sliced
4 tablespoons butter (1/2 stick), melted
1/2 cup oil
8 carrots, peeled and cut into 2-inch chunks
10 potatoes, halved
4 stalks of celery
Salt and pepper

Take the giblets out of the turkey and wash the turkey inside and out. Place the turkey in a large roasting pan. Liberally salt and pepper the inside of the turkey cavity. Stuff the cavity with the, lemon, one of the onions (quartered), and the garlic. Brush the outside of the turkey with the butter and sprinkle with salt and pepper. Peel and slice the remaining onions, toss them with 1/4 cup oil and scatter them around the turkey.

Roast the turkey for 1 hour. Toss the carrots, potatoes with 1/4 cup oil and add to the pan. Continue to roast for about 1 1/2 hours, or until the juices run clear when you cut between the leg and the thigh. Remove the turkey to a cutting board and cover with aluminum foil; let rest for 20 minutes.

Stir the vegetables and return the pan to the oven. Continue to cook the vegetables while the turkey rests. Slice the turkey and serve on a platter with the roasted vegetables.



Special Dates in November and December 2011!

- ~ November 14th - Clean Out Your Refrigerator Day
- ~ November 17th - Great American Smokeout
- ~ November 24th - Thanksgiving
- ~ November 21st - Gingerbread Day
- ~ December 8th - National Chocolate Brownie Day

Chocolate Brownies

3/4 cup cocoa, unsweetened
1/2 teaspoon baking soda
2/3 cup melted butter, divided
1/2 cup boiling water
2 cups granulated sugar
2 eggs, lightly beaten
1 1/3 cups all-purpose flour
1 teaspoon vanilla extract
1/4 teaspoon salt
1/2 cup coarsely chopped walnuts
2 cups (12 ounces) semisweet chocolate chips

In a large bowl, combine cocoa and baking soda; blend in 1/3 cup melted butter. Add boiling water; stir until well blended. Stir in sugar, beaten eggs and remaining 1/3 cup butter. Stir in flour and salt. Stir nuts and the chocolate chips into chocolate brownies batter. Pour chocolate brownie batter into a greased 13x9x2-inch baking pan. Bake at 350° for 35 to 40 minutes or until chocolate brownies are firm and begin to pull away from sides of pan. Cool before cutting into squares.



Maple Hot Chocolate - Spice up your favorite cup of hot chocolate by adding a teaspoon or two of maple syrup and then top with marshmallow cream or whipped cream.