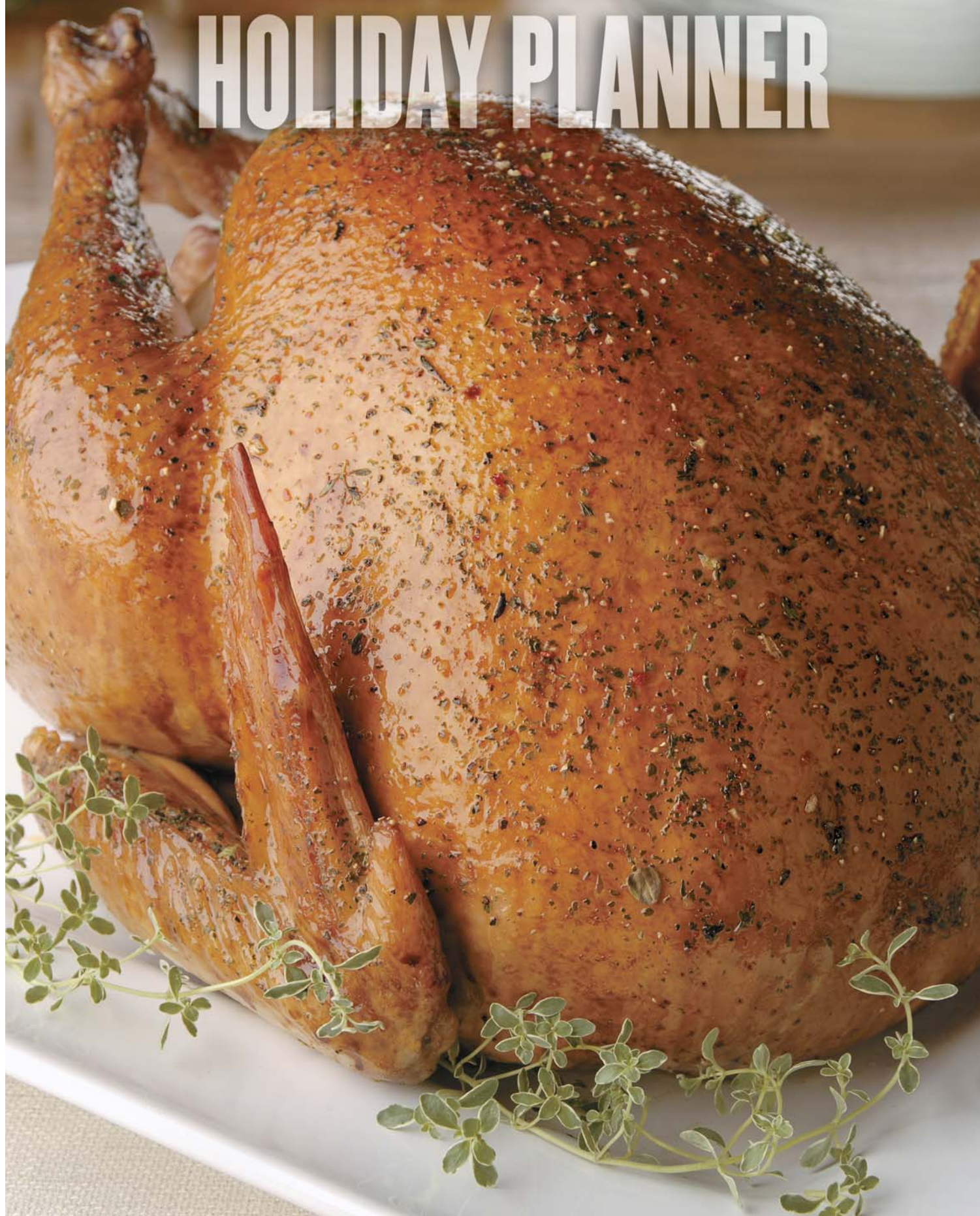


VIKING

COOKING SCHOOL

# HOLIDAY PLANNER



# LET'S TALK TURKEY

*The Viking Cooking School presents our handy Holiday Planner with helpful planning and cooking tips, quick and easy recipes, and a convenient timeline to guide you in preparing and presenting a flawless holiday turkey dinner.*

## PURCHASING YOUR TURKEY

All turkeys are inspected by the USDA Food Safety Inspection Service for wholesomeness. Turkeys labeled “Grade A” ensure blemish-free, meaty, well-shaped turkeys with no pinfeathers. If you prefer, you may wish to select a “Free Range” or “Free Roaming,” “Organic” or “Natural” turkey.

## TURKEY SIZE

Allow approximately 1 pound of turkey per person to ensure generous portions and plenty of leftovers.

## FRESH VS. FROZEN

The term “fresh” may only be placed on raw poultry that has never fallen below 26°F. For the best flavor and texture, we recommend selecting a fresh turkey.

- As no thawing is required, this is the most convenient option.
- Although fresh turkeys are deep-chilled after packaging, they have shorter shelf lives than frozen. Always check the “sell-by” date to ensure freshness, and purchase within 1 to 2 days of cooking.
- Because they are perishable and require special handling and merchandising, fresh turkeys are slightly more expensive than frozen turkeys.

Frozen turkeys are flash frozen to 0°F or below (and are held at that safe temperature) immediately after packaging.

- Frozen turkeys are more cost-efficient than fresh.
- Frozen turkeys can be purchased well ahead of time.

## THAWING A FROZEN WHOLE TURKEY

The safest, best way to thaw a turkey is slowly in the refrigerator. Allow 24 hours thawing time for every 4 to 5 pounds of turkey.

THAWING A	TAKES
15 lb. turkey	3 days
20 lb. turkey	4 days
25 lb. turkey	5 days



Individual parts such as breasts, thighs, wings, or drumsticks take 2 to 3 days to thaw from a frozen state. Leave the turkey in its original plastic wrapping and place it on a rack in a shallow pan to allow air to circulate and keep the turkey from sitting in its drippings. The original wrappings help keep the turkey fresh during thawing. Thaw until the temperature of the turkey, measured with a food thermometer placed in the deepest part of the breast, registers 38 to 41°F.

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*The Viking Cooking School wishes  
you a safe and healthy holiday.*

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### **SAFE FOOD HANDLING**

- Wash hands with soap before handling raw poultry. After handling raw poultry, wash hands, cutting boards, counters, knives and any other utensils used.
- Use separate cutting boards for meat and poultry.
- Keep uncooked poultry separate from fresh produce, cooked foods and ready-to-eat foods.
- It is essential to use a food thermometer when cooking turkey products to prevent undercooking, and consequently, prevent food-borne illness. Using a food thermometer is the only reliable way to ensure safety and to determine the “doneness” of turkey. Wash your food thermometer in between tests that require further cooking.
- Keep hot foods above 140°F and keep cold foods below 40°F to prevent food-borne illness.
- Cook turkey to the recommended temperature, 165°F for the breast and 165° to 175°F for the thigh. Insert the food thermometer into the deepest part of the muscle, being sure not to touch the bones.

### **STUFFING YOUR TURKEY**

Before you stuff your turkey, remove the giblets from the cavity and discard or save them for your gravy; rinse the cavity with cool running water; then pat dry with paper towels. This year, try stuffing the cavity of the turkey with halved apples, bay leaves, celery stalks, parsley or sage and a halved or quartered onion. These aromatics will infuse subtle flavor and moisture into the meat; discard the aromatics after removing the turkey from the oven. Cook your bread stuffing in a separate baking dish to avoid exposure to harmful bacteria.

### **TRUSSING YOUR TURKEY**

Trussing means to tie the wings and legs close to the body of the bird.

### **THE BENEFITS OF TRUSSING INCLUDE**

- Gives the roasted bird an attractive shape
- Provides even cooking
- Keeps the meat moist and juicy
- Facilitates easier carving

## STEP-BY-STEP TRUSSING INSTRUCTIONS

- Cut a piece of linen butcher's twine three times the length of the bird. Cut off the wing tips at the joints. Place the bird on its back.
- Cross the drumsticks and tie them together securely, leaving a 2-inch piece of butcher's twine at one end.
- Bring the longer section of twine over the breast and around the bird, securing the wings.
- Bring the twine over the neck and to the tail.
- Continue to loop the twine around the drumsticks and tie it securely to the shorter section of twine. Your bird is trussed!

**Hint:** Use linen butcher's twine, as it does not char (as cotton does), or melt (as synthetics do).

## WHAT SIZE PAN TO USE

TURKEY SIZE	ROASTER SIZE
10 – 15 lbs.	14 x 11 inch
16 – 20 lbs.	16 x 12 inch
20+ lbs.	19 x 14 inch*

*\*May not fit in standard ovens*

Some information adapted from The National Turkey Federation.

## ROASTING YOUR TURKEY

- Cooking whole turkeys in a conventional oven provides for greater yield and less moisture loss than convection oven roasting.
- Remove the giblets; discard, or save for gravy. Rinse the turkey under cool running water; then pat dry with paper towels.
- Before roasting, preheat the oven for 20 minutes at 425°F.
- Use a roasting rack to keep the turkey up out of its juices; baste with butter every 20 to 30 minutes for a crisp exterior and a succulent, juicy interior.
- As a general rule, allow about 15 minutes of cooking time per pound of turkey.

The chart below gives the temperature and approximate time needed to roast whole, thawed, unstuffed birds that have been removed from the refrigerator about an hour ahead of time.

SIZE OF TURKEY	ROAST
10 – 12 lbs.	30 minutes at 425°F; then 2 to 2½ hours at 325°F.
12 – 18 lbs.	30 minutes at 425°F; then 2½ – 4 hours at 325°F.
18 – 25 lbs.	30 minutes at 425°F; then 4 – 5¼ hours at 325°F.

### THREE WAYS OF CHECKING TO SEE WHETHER YOUR TURKEY IS DONE

- The joints will move easily.
- The juice around the joints will be clear, not red.
- A food thermometer inserted into the thickest part of the thigh away from the bone will read 165° to 175°F.

### CARVING YOUR TURKEY

- Allow the turkey to rest after roasting, covered loosely with foil, for 20 minutes before carving to allow the juices to settle.
- Place the turkey on a large cutting board with a well.
- Using a sharp carving knife and 2-tine fork, cut the skin all around the thigh. Gently separate the leg and thigh joint, using your fork to hold the bird steady.
- Separate the thigh from the drumstick at the joint. Tilt the drumstick at a slight angle and slice lengthwise along the bone toward the cutting board. Hold the thigh firmly on the cutting board with a fork and cut even slices parallel to the bone. Arrange the dark meat attractively on the platter.
- Holding the turkey steady with your fork, make a deep horizontal cut into the breast just above the leg and shoulder joints. This is the base cut; all breast slices will stop at this horizontal cut. After making the base cut, carve downward to the base cut in thin, even slices. Arrange the white meat attractively on the platter.
- Separate the wings at the joint, adding the wings to the white meat on the platter. Garnish the platter with your choice of fresh herbs, cranberry chutney or sauce or anything that pairs well with turkey and enhances the appearance of your turkey platter.



## ROAST TURKEY

Yield: Serves 12 to 14

- |     |  |    |  |
|-----|--|----|--|
| 1   | (12- to 14-lb.) fresh turkey           | 1½ | tablespoons paprika  |
| 3-4 | tablespoons poultry seasoning          | 3  | tablespoons unsalted butter, melted,<br>plus extra for basting |
| 2   | medium apples, halved                  |    |  |
| 1   | large white or yellow onion, quartered |    |  |
| 5   | stalks celery, with leaves             |    |  |

- Remove the giblets from the turkey and discard or save for gravy. Rinse the turkey thoroughly, inside and out, under cool running water; pat dry with paper towels. Place the turkey on the counter for 1 hour to bring to room temperature before roasting.
- Season the inside of the turkey cavity with 1 tablespoon of the spice rub; stuff with the apples, onion and celery. Truss it securely, brush with melted butter, and sprinkle liberally with the seasoning and paprika.
- Place the bird on its back on a rack in a roasting pan; add water (about ½-inch deep) to the roasting pan and roast in a preheated 425°F oven for 30 minutes. Reduce the heat to 325°F, turn the bird on its side, and roast 1 hour more, basting with butter every 20 to 30 minutes.
- Turn the bird to its other side and repeat the process for about 1 hour more. The turkey is done when the legs and thighs move up and down freely. For a more accurate test, a food thermometer inserted under the thigh should read about 165° to 175°F.
- Allow the turkey to stand for 20 minutes, loosely tented with foil, before carving.

## PAN GRAVY

Yield: About 3 cups

- |   |   |   |  |
|---|---|---|--|
| • | pan drippings from the roasted turkey                               | 2 | cups turkey or chicken broth                   |
| 1 | cup dry white wine  | ¼ | cup sour cream                                 |
| 2 | tablespoons rendered fat from pan drippings<br>(or unsalted butter) | 1 | tablespoon finely chopped flat-leaf parsley    |
| 2 | tablespoons all-purpose flour                                       | • | salt and freshly ground white pepper, to taste |

- Pour the pan drippings through a coarse strainer into a gravy separator and set aside.
- Place the roasting pan over two burners on medium-high heat. When the pan is hot, pour the wine into the pan, quickly scraping up any browned bits that have formed on the bottom of the pan (deglazing). Strain this liquid into the gravy separator as well. (Note: You will use the rendered fat that pools at the top of the gravy separator to make a roux.)
- To make the roux, heat 2 tablespoons of the rendered fat (or unsalted butter) in a medium saucepan. Sprinkle in the flour and cook, stirring often, for 2 to 3 minutes. Whisk in the de-fatted pan drippings and stock; bring to the boil. Reduce the heat and simmer until thickened, about 3 to 4 minutes. (Strain again if desired.)
- Whisk in the sour cream and parsley. Return to a simmer and season to taste with salt and pepper.

**Make It Ahead:** The gravy can be made up to 1 hour in advance.

## HERBED SAUSAGE STUFFING

Yield: Serves 6 to 8

- |  |  |
|--|--|
| 1 (1-pound) loaf French or Italian bread, cut into ½-inch cubes (about 6 cups cubed bread) | 1 bunch green onions, green tops only, thinly sliced |
| 1 pound Italian sausage, casings removed, browned, drained, cooled, and crumbled           | 1 teaspoon hot pepper sauce                          |
| 3 tablespoons finely chopped fresh flat-leaf parsley                                       | 1½ tablespoons brandy (or cognac or bourbon)         |
| 2 teaspoons dried thyme  | 2 cups turkey or chicken stock, plus more as needed  |
| 1 tablespoon dried sage  | • salt and freshly ground black pepper, to taste     |
|  | 1 tablespoon paprika                                 |

- Preheat the oven to 350° F.
- If the bread is fresh, spread the cubed bread out on a baking sheet in an even layer and bake at 300°F until dry and crisp but not brown, about 15 minutes. If the bread is stale, continue with step 2.
- In a large bowl, toss together the bread cubes, cooled sausage, parsley, thyme, sage, green onions, hot pepper sauce and brandy.
- Add about two-thirds of the stock and the salt and pepper to the bread mixture; toss gently to combine. The stuffing should be moist, but not soggy. If the stuffing is still very dry, add the remaining stock a little at a time until the desired consistency is achieved.
- Transfer the stuffing to a 2-quart greased baking dish; be careful not to compact the stuffing into the dish. Sprinkle the stuffing with paprika. Cover with aluminum foil and bake for 30 minutes; uncover and bake until the top is golden brown, about 20 minutes more. Serve hot with turkey and fixings.

## PUMPKIN CUSTARD PIE

Yield: Serves 8

- |                                    |  |
|------------------------------------|--|
| 2 cups heavy cream                 | 1 teaspoon ground cinnamon             |
| 2 large egg yolks, lightly beaten  | ½ teaspoon freshly grated whole nutmeg |
| 4 large whole eggs, lightly beaten | • pinch ground cloves                  |
| 1½ cups pumpkin butter             | ½ teaspoon vanilla extract             |
| ½ teaspoon salt                    | 1 (9-inch) unbaked pie shell           |

- Preheat the oven to 450°F.
- Heat the cream in a small, heavy-bottomed sauce pan over medium-high heat; remove from the heat when bubbles begin to form around the edges of the pan. Do not boil!
- Gradually and gently whisk the warm cream into the eggs just until incorporated; add the pumpkin butter, salt, cinnamon, nutmeg, cloves and vanilla; whisk to combine. Do not whisk vigorously or air bubbles will form on the surface of the liquid.
- Pour the custard mixture into the unbaked pie shell.
- Bake in the preheated oven for 15 minutes, then reduce the heat to 325°F and bake until the center is set, about 30 minutes more. Serve chilled or at room temperature.

**Make It Ahead:** Make up to 1 day in advance and refrigerate.

**Garnishing Suggestions:** Whip 1 cup of heavy cream to soft peaks; add 2 teaspoons granulated sugar, ½ teaspoon nutmeg, and 1 tablespoon brandy. Continue beating the cream mixture to medium peaks. Serve each pie slice with a dollop of brandy whipped cream.

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## *Holiday Dinner Timeline*

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### **TWO WEEKS BEFORE**

- Confirm the number of guests.
- Plan your menu. If you need help, Viking offers classes that provide recipes, tips and techniques for a successful holiday dinner (see holiday class listing).
- Create shopping lists – including groceries and equipment you may need (see our recommended Holiday Shopping List).
- Plan the table setting including serving dishes.
- Order your fresh turkey to be picked up the day before your dinner.
- If decorating with flowers, order them now.

### **ONE WEEK BEFORE**

- Make and roll out pie dough to fit pans, wrap tightly and freeze.
- Clean and organize your refrigerator.
- If you bought a frozen turkey, start thawing in the refrigerator (consult the thawing chart – generally allow 3 to 5 days).

### **EARLY THE WEEK OF**

- Shop for all groceries except fresh produce and baked goods.
- Organize the dinner seating arrangements.
- Iron cloth napkins and tablecloths.
- Clean the serving pieces, tableware, glassware and flatware.

### **THE DAY BEFORE**

- Pick up the fresh turkey, produce, flowers and baked goods.
- Set the table.
- Clean and chop vegetables for the stuffing and other side dishes, and store in the refrigerator in plastic bags.
- Peel potatoes and store in a bowl of cold water (if you have room in your refrigerator).
- Make the cranberry sauce.
- Bake pies and prepare other desserts (the oven will be busy tomorrow).
- If you are making stuffing with fresh bread, cube the bread and put it out to dry overnight.
- Check the roasting chart to make sure you start the bird on time tomorrow.



## THE BIG DAY

*In the morning:*

- Bring the turkey to room temperature for one hour.
- Prepare the stuffing.
- Preheat the oven to 425°F.
- Stuff the turkey with your choice of aromatics and truss.
- Put the turkey in the oven to roast – don't forget to baste the turkey with butter every 20 to 30 minutes!
- While the turkey is roasting, make the remaining side dishes.
- Chill the white wine if serving with dinner.

*One hour before serving:*

- Warm the plates and serving platters 30 minutes before the meal.
- Remove turkey from the oven when the internal temperature of the thickest part of the thigh away from the bone reaches 165° to 175°F.
- Let the turkey stand, covered loosely with aluminum foil, for 20 minutes before carving.
- Make the gravy.
- Prepare beverages.
- Carve the turkey and arrange on the warmed platter.
- Reheat, taste and season the side dishes.

*After serving:*

- Chill turkey leftovers in the coldest part of the refrigerator within 2 hours after roasting.



## Holiday Classes

### TURKEY WORKSHOP

Hands-On • 5 hr

Brine, truss, season and roast the ultimate holiday bird. Receive coaching on what type and size of turkey to select; how to season, roast and reheat a turkey; and what to do with those seemingly endless leftovers.

**MENU** *Ultimate Turkey with Roasted Shallot Thyme Butter; Savory Mushroom Bread Pudding; French-Style Green Beans; Bacon, Corn, and Green Onion Scones; Honey-Roasted Mashed Sweet Potatoes; Cranberry Apple Crumble. Sample Recipe: Praline Ice Cream. Bonus Recipes Utilizing Leftovers: Better-Than-Chicken Turkey Salad; Turkey and Broccoli Penne Al Forno; Turkey and Brie Panini; Turkey and Spinach Risotto.*

### CASUAL HOLIDAY COCKTAIL BUFFET

Hands-On • 3 hr

For an informal party – and a happy, relaxed hostess – buffet service is the key. This casual, easy-to-prepare menu is perfect for serving at Christmas parties, on New Year's Eve or for watching the bowl games on television. After learning how to prepare this delicious, crowd-pleasing menu, you'll be ready to welcome your friends to a party that will put everyone in the holiday spirit.

**SKILLS AND TECHNIQUES** Shaping, seasoning and cooking miniature turkey burgers; shaping and baking miniature hamburger buns; smoking fish; searing and slicing beef tenderloin; making a cheese spread; whipping cream to perfect peaks; using a blow-torch to caramelize sugar.

**MENU** *Tiny Turkey Burgers with Cranberry Ketchup; Smoked Abi Tuna Dip with Sesame Pita Chips; Seared Beef Tenderloin with Gorgonzola on Black Pepper Croutons; Mini Peanut Butter Chocolate Mousse Pies with Brûléed Bananas. Sample Recipe: Moroccan-Spiced Chickpea "Bar Nuts." Bonus Recipe: Santa Baby Cocktails (Chambord and Sparkling Wine with Pomegranate Seed Garnish).*

### HOLIDAY DINNER PARTY

Hands-On • 3 hr

Start a warm, crackling fire; light the tree; and play some old familiar carols as you welcome your guests for a special holiday dinner. Experience your holiday tradition in a whole new way with our inspired, sophisticated and festive menu.

**SKILLS AND TECHNIQUES** Working with fresh crabmeat; preparing, roasting and glazing a crown roast; roasting vegetables; blanching and sautéing fresh green beans; working with chocolate; whipping and folding egg whites; baking a tender cake.

**MENU** *Crabmeat Cocktail "Martinis"; Crown Rack of Lamb with Cranberry-Balsamic Glaze stuffed with Caramelized Shallots and Root Vegetables; Fresh Cranberry Relish; Haricots Verts with Orange Zest; Tiramisu Trifle.*

### TRADITIONAL THANKSGIVING

Demonstration • 2 hr

Fill your home with warm, inviting aromas and comforting, familiar flavors that are guaranteed crowd-pleasers. Learn how to roast a perfect turkey, make a savory stuffing and prepare a smooth bourbon gravy.

**MENU** *Roast Turkey; Apple Sausage Stuffing; Bourbon Gravy; Caramelized Onion and Squash Tart; Sweet Peas with Bacon and Wild Onions; Cranberry Pear Crisp.*

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## *Holiday Shopping List*

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### **ROASTING**

- Turkey Roasting Pan and Rack
- Sharp Carving Knife and Fork
- Cheesecloth
- Carving Board
- Bulb Baster
- Wooden Spoon
- Sauce Whisk
- Fat Separator / Strainer
- Linen Twine
- Trussing Needle
- Liquid Measuring Cups
- 9x13-inch Baking Dish
- Saucepans
- Silicone Basting Brush
- Instant Read Thermometer
- Turkey Lifters

### **BAKING**

- Food Processor
- Rolling Pin
- Pie Pan
- Pie Weights
- Cooling Rack
- Nutmeg
- Dry Measuring Cups
- Measuring Spoons
- All-Purpose Whisk
- Silicone Spatulas
- Pie Server
- Nutmeg Mill
- Vanilla

### **PREP AND COOKING**

- Assorted Mixing Bowls
- Vegetable Peeler
- Vegetable Chopper
- Colander
- Potato Ricer
- Paring and Chef's Knives
- Flexible Cutting Mats
- Pepper Mill
- Mandoline
- Blender
- Baking Sheet
- Deglazing Spatula
- Salt
- Peppercorns
- Hot Pepper Sauce

### **ROUNDING OUT YOUR FEAST**

- Maple Pumpkin Butter
- Apple Cranberry Chutney
- Wine Glasses
- Wine Opener
- Serving Utensils
- Gravy Boat
- Cranberry Horseradish Sauce
- Turkey Stock or Glace de Volaille Gold
- Spice Rub for Chicken and Pork



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