

Colonial America had an affinity for turkey.

Some Native Americans caught wild turkey; others domesticated it.

The name is known to be a corruption of the word "furkee," which is Native American for "turkey."



Old-Time Turkey

Yields 14 servings

1 turkey (14 pounds)
 1½ teaspoons salt
 ½ teaspoon coarsely ground black pepper

Preheat oven to 325 degrees F. Remove giblets and neck from turkey. Rinse turkey inside and out with running water and drain well; pat dry with paper towels.

Fasten neck skin to turkey back with one or two skewers.

Fold skin over cavity opening; skewer closed, if necessary. Tie legs and tail together with string; push drumsticks under band of skin. Secure wings to body with string, if desired.

Place turkey, breast side up, on rack in

large roasting pan (17" x 11½"). Sprinkle salt and pepper on outside of turkey. Cover with loose tent of foil. Roast about 3 hours and 45 minutes. Start checking for doneness during last hour of roasting.

To brown turkey, remove foil during last hour of roasting; baste occasionally with pan drippings. Turkey is done when temperature on meat thermometer inserted in thickest part of thigh, next to body, reaches 180 degrees F and juices run clear when thickest part of thigh is pierced with tip of knife. (Breast temperature should be 170 degrees F.)

Transfer turkey to large platter; keep warm. Let stand at least 15 minutes to set juices for easier carving. Serve turkey.

NUTRITION FACTS

Calories: 143
Fat: 4 g
Protein: 25 g
Carb: 0 g
Sodium: 145 mg

This recipe is from the *Good Housekeeping Great American Classics Cookbook*.