



**WHITNEYBELL
ARCHITECTS**

I'VE HAD A FEW QUESTIONS ON IF THERE WAS
A GOOD METHOD OF SLOW-COOKING A TURKEY
WHILST PARTICIPATING IN THE "TURKEY TROT".
— I TALKED TO SURVIVORS OF ANNE ROBINSON'S
THANKSGIVING DAY BIRD AND — BASED UPON
THEIR APPARENT CONTINUED GOOD HEALTH
I ASKED ANNE IF SHE WOULD SHARE HER FORMULA:

Wednesday, I guess
sometime in October

Dear Doug,

This month's Sunset Magazine has an entire feature article on how to roast the perfect turkey! Ignore it - the only perfect turkey around is my dear husband and he is not due for a roasting for quite some time.

However, my method is very unusual but unbeatable. Any turkey would agree.

Start with a preferably fresh turkey, minimally processed. (Very important, this processing, or lack thereof.) If the poor soul is frozen, thaw in the refrigerator. (This can take anywhere from 2 to 4 days depending on the size of your turkey - or your refrigerator!)

Rinse the bird inside and out. Do not stuff. Oil the bird inside and out. Regular salad oil will do - take the phone off the hook before you start the massage or you will have a tough time with the next 4 calls or so!

Now the daring part: On a roasting rack in a large turkey pan, place the bird belly-down, backbone up in the exact middle of the pan. This is a much more dignified position for a turkey than the traditional position of insolvency insisted upon by so many, even in this day and age.

Close the oven door....

Roast at 250° (you heard me - two hundred fifty degrees) for 30 minutes per pound. Wild, huh? This formula works great for birds up to 16-18 pounds. The larger the turkey, the less cooking time you need. I did a 25 lb. job that was done in 7 hours - so this may be the top end time-wise for giants. To be on the safe side, use a meat thermometer and cook the poor dear until the internal temperature is 180 degrees. If your turkey is done hours early - don't despair; a huge bird stays hot longer while you're waiting for your guests to arrive!

I hope I haven't left anything out except, of course, the stuffing. I've found that stuffing a turkey may be great for moist, juicy stuffing, but has the direct opposite effect on the turkey. And the whole point of this method of turkey roasting is to end up with the juiciest turkey you've ever eaten. Oh - one other little tid bit: I usually pour a cup or so of water into the bottom of the roasting pan after I put it in the oven. I don't know if this makes any difference to the turkey (after all, let's face it, he's DEAD!), but it sure makes cleaning the pan easier.

And there you have it - Anne Robinson's unforgettable upside-down turkey. (Actually, he's cooked right-side up turkey-wise, but you can carve him upside-down. Or sideways too!)

You're welcome,

Anne