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SPRING HUNT PERFECT TIME TO GOBBLE UP DEEP FRIED TURKEY

Cottonseed oil offers a heart-healthy frying medium for the prized bird

CORDOVA, Tenn. – (January 7, 2009) – When sportsmen gear up for wild turkey season opens across the nation this spring, the hunt also will be on for cooking oils that allow game cooks to bring out the natural flavor of the turkey, sans the *trans*.

This year, *trans*-fat free cottonseed oil can be found on more sporting-goods shelves than ever. One popular product, Turkey Gold by Cajun Injector brand of 100% cottonseed oil, manufactured by PYCO Industries and marketed by Bruce Foods, is now available at Target Stores nationwide, and at sporting goods stores, such as Bass Pro Shops, Dick's Sporting Goods, Gander Mountain, Meijer, Mill's Fleet Farm, Sportsman's Warehouse.

Dr. Clay King, a Texas Woman's University professor who specializes in sensory and nutritive values of oilseeds, says cottonseed oil is one of the healthiest oils for deep frying turkey.

"Cottonseed oil is naturally stable, so it does not require the hydrogenation the produces harmful trans fats," he explains. "Plus it is 'heart-healthy' when used in moderation, according to the American Heart Association."

He adds that cottonseed oil's neutral flavor enhances the flavor of the bird, rather than masking it, like peanut oil can.

"Deep fried turkey is moist and delicious and not at all greasy. The inside of the bird steams, and that keeps the nutrients and flavors in. When you boil or bake, many of those nutrients and flavors escape."

About the National Cottonseed Products Association

NCPA is the national trade association for the cottonseed processing industry. In addition to the U.S. cottonseed crushing industry, association membership includes refiners, who process cottonseed oil into semi-finished and finished products, dealers and brokers who market cottonseed products, and other firms that provide goods and services to the industry. For more information, visit www.cottonseedoil.com or www.cottonseed.com.

COOKING WITH COTTONSEED OIL

Frying a whole turkey might seem a little intimidating at first, especially if you are not an experienced outdoor cook. However, with a little care and caution, you can get great results on your first fry.

So that your turkey is cooked safely, try the following recommendations. Rely heavily on an internal temperature probe to determine cooking times and temperatures.

Caution: Frying a turkey involves handling hot oil. You need to be careful and take your time. Follow the steps provided, and take all possible precautions to prevent injury.

#1) Defrost the turkey completely and wash thoroughly. Using a marinade is optional. If you would like to use one, either purchase a commercial turkey marinating product, or create your own.

#2) Inject the marinade into the turkey using a turkey injector kit and let the turkey sit, preferably overnight.

#3) Pour cottonseed oil into a turkey fryer. Make sure you leave enough room for your turkey so that the oil will be just enough to cover it completely during frying. Do not overfill. Cottonseed oil works well because it is stable and won't mask the natural flavor of the turkey.

#4) Heat oil. For best results, use a temperature probe to control the temperature of the oil and avoid guesswork. Raise the oil temperature to 350 F. A mechanical thermometer may be used, but a digital one is best. Try using an internal temperature probe specially designed for turkey frying and other types of outdoor cooking, such as grilling, smoking, etc.

#5) Prior to lowering the turkey into the oil, turn off the burner. As soon as the turkey is safely in the pot, the burner can be turned back on.

#6) Place the turkey on the turkey hanger. Wearing a heavy glove to protect your hand from spills, slowly lower the turkey into the hot oil. Lower the bird very slowly. Your oil temperature will drop significantly once the turkey has been fully immersed. You will be using your mechanical thermometer or temperature probe to get the oil back up to the correct temperature, so place it in the oil at this time.

#7) Turn the burner on until the oil reaches 350 F. If you are using an internal temperature probe, insert it into the center of the dark meat area of the thigh. Be sure not to leave the tip of the probe near a bone. When the internal temperature reaches 180 F, the turkey is ready. Generally, it takes 3.5 to 4 minutes per pound frying time.

Be very careful removing the turkey from the pot. First, turn the burner off and remove the hanger. Then carefully lift the turkey out using your glove. Remember, the oil is still extremely hot.

Be sure to retain the original cottonseed oil carton to store for reuse, or to transport spent oil to a local biodiesel facility for recycling. If your area is not serviced by a recycling program, call a biodiesel facility who will arrange for someone to pick up your oil. When saving the oil for reuse,

let it cool before returning it to the carton. The oil should be strained as it is returned to the storage container to prolong its useful life.

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