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Cooking How to help you discover the right procedures for preparing a variety of meals. Read about how to sauté vegetables, grill a streak, bake fish and more. Dana Gallagher When it comes to Thanksgiving Turkey, you probably have a lot of questions: How long does it take to defrost a turkey? What's the best roast turkey recipe? I baked it, but now how can I carve a turkey? While these are all excellent questions, pale in comparison to the mack-dad of them all: How long can I cook thanksgiving turkey? Because if you do it wrong, the answers to the other questions are pretty much questionable, and then Thanksgiving will be ruined, and you can kiss with a good Christmas goodbye, and that'll ruin New Year's, and it goes on. Let's avoid this, and answer some frequently asked questions about cooking Thanksgiving turkey. How long should I cook my unstuffed Turkey? The first thing you need to do before you start a turkey is to invest in an instant-read thermometer. That way, you'll know for sure if and when your turkey is ready. Insert the thermometer into the bird between the breast and thigh (be sure it won't hit the bone); it's ready when the temperature reads 165°F. But the very general rule is about 15 minutes per pound for an insufferable turkey at 325°F. This time will vary, though, based on the size of your bird, the oven temperature, and whether it's stuffed. Let's say you have a 10-pound homeless bird. At 325°F you need to cook anywhere between 2.5 hours to 3 hours and change. For an 18-pounder, you're probably looking at about 3.5 to 4 hours of oven time. For a 20-pound turkey, make yourself comfortable for the afternoon. This could take about 4 to 4.5 hours. Remember, this is all about non-stuffed birds. Again, all this could change based on a number of variables. Therefore, please consult your prescription, instructions, and that immediate thermometer reading. Still stunned? Then give the Butterball phone line a ring in the 1-800-288-8372.So how long can I cook a stuffed Turkey? When you choose to fill your Thanksgiving bird with delicious things (think stuffing or aromatics like onions, carrots, and celery), it's going to slow it all down in the oven. The general rule is 20 cents per pound. Again, check the thermometer as well as your recipe and cooking instructions. Should I put water in my Turkey baking pan? If you add vegetables to the bottom of the baking pan (they will help taste your sauce), then add 1/2 cup water to prevent them from burning. If you are without vegetables, you can skip the position of the in your baking pan. Do I cook turkey at 325 or 350 degrees? There's no hard and fast rule here. Some people go all the way up to 425°F, others prefer 325°F. Again, consult your recipe and instructions for best practices. The important thing to emphasize is hitting that 165°F signal with the direct reading thermometer, so you know it's safe to eat. Note: Once you remove your turkey, the temperature will continue to rise increasing About 20 degrees. Can I cover a turkey while cooking? Start by cooking the turkey uncovered-this will ensure that the skin gets a nice golden brown color. Check on it after an hour or so, if you notice any areas that brown very quickly, cover them with foil. How can I keep my turkey wet? Think about roasting your turkey before you cook it. You can wet it in a solution of water, salt, sugar and spices for a few days before baking or simply rub the cavity between the skin and meat with kosher salt, cover it with plastic wrap and freeze it for about a day. You can also try baking your turkey in an oven-safe baking bag. Follow the instructions in the box on how to properly use a baking bag. How long can I wait until I carve out Turkey? For maximum juicy, let the turkey rest half an hour to 45 minutes before carving. During this time the juices will be redistributed, helping to insure liquid meat. It also allows you time to make the aforementioned sauce and under a glass of wine before taking your place at the table next to the constantly disappointed Aunt Myrtle. This content is created and maintained by third parties and is inserted into this page to help users provide their email addresses. You may be able to find more information about this and similar content in piano.io healthy diet Why cook for yourself? Today, more and more of us live alone, either through choice or circumstances. As a single person, finding the motivation to cook for yourself can be difficult, especially after a long day at work. Coming up with meal ideas and finding recipes for a person can seem like a chore, even if you know how to cook and have a full kitchen at your disposal. Eating out, hitting the drive-through, or throwing an iced dinner in the microwave can seem like a much easier option. But regularly eating convenience foods can take a toll on your physical and mental health as well as your waist. Fast food and TV dinners tend to be low in diet and high in unhealthy fat, sugar, sodium, and calories. Often, for less money and only a little more time, you can create healthier, better taste meals yourself. The key to cooking for one is to master some basic skills, stock up on basic ingredients, and get creative in making meals that work especially for you. Even if you live in a dorm room, bachelor apartment, or other accommodation without a full kitchen, you can learn to cook fast, inexpensively that not only test the big ones but also boost your energy, stabilize your mood, and keep you as healthy as possible. Benefits of cooking for one One of the easiest ways to improve your mental and physical health is by preparing more meals at home. Cooking for yourself gives you more control over the ingredients in your meals, allowing you to reduce the additives and calories that are often loaded into takeout and convenience foods. Improving your diet with simple, healthy home-cooked meals can also help you reduce your risk illness, boost your energy, sharpen your mind, lose weight, and improve the way you manage anxiety, anxiety and depression. While all this remains true about home cooking for an entire family, there are also specific benefits of cooking just for yourself: You can eat whatever you want, whenever you want. The great thing about cooking for one is that you don't have to please anyone but yourself. Cook using the ingredients you like, even if they're not to other people's liking, or have breakfast for dinner, if that's what you feel like. Meals can be cooked faster. Cooking a single portion meal is often faster than cooking enough for four or more people. There's less waste and less cleaning. You don't have to take care of anyone else's taste, so the food won't be edible. And when you cook a meal of a pot, for example, you can eat it directly from the pot, cutting into cleaning afterwards. It can save you money. Cooking at home tends to cost less than eating takeout or restaurant food. Being a smart shopper can allow you to find healthy foods for less. And since you only cook for yourself, you may occasionally be able to fool occasionally into more expensive ingredients, such as organic meat or products. It's empowering. Taking on your diet and spending time caring for yourself can improve your mood and self-esteem as well as your overall health. Cooking for one shouldn't mean eating aloneFor some individual people, especially during an era of coronavirus and social distancing, cooking for yourself just means having to spend more time alone. You can choose to regularly eat out-even if it involves just sitting alone in a fast food restaurant-to feel a connection with other people. Eating out means you're more likely to meet new people, knock up a conversation with a stranger, or at least break the monotony of another evening alone. However, cooking for yourself doesn't have to mean eating alone. With some creativity, you can cook healthy, cheap meals at home, and still find that connection with others that we all need. Cook a little extra and invite a colleague or neighbor to meet you, if social distancing rules allow. Everyone loves a home-cooked meal and most people living alone are in the same boat as you. They're probably just as uncomfortable communicating with you. Be the one to take the initiative. You may even be able to share cooking responsibilities-one prepares the appetizer, the other dessert, for example. Cooking with others can be a fun way to try new recipes and deepen relationships. Make your food at home, then eat out in a park, picnic area, or other public place. Enjoying homemade rather than shop-bought food can make for a good conversation starter. Shop for food in a community or farmer's market instead of a grocery store or supermarket. People here are more likely to take the time to discuss food and give cooking tips, making it easier to make new friends. If you don't have people in your life you want to eat with, find ways to meet meet People. Take a cooking class, join a club, or enroll in a sports team or special interest group that meets on a regular basis. Volunteering for a community organization is another great way to expand your social circle and find future dining companions. How to start Dinner doesn't have to mean a traditional meal of protein, starch, and vegetables. In fact, when you only cook for yourself, dinner doesn't have to mean dinner at all. A breakfast of scrambled eggs, cheese and vegetables can also act as a healthy evening meal. Mix things up and cook using any combination of healthy ingredients you enjoy. Cooking for one doesn't have to include a huge investment of time, either. A baked microwave potato, filled with cheese or canned tuna, and served with steamed vegetables or a salad, for example, makes a healthy, balanced meal that is ready within minutes. Stock up on staples. Keeping your cupboards stocked with a small number of basic ingredients means you'll always be able to whip up a healthy meal quickly and easily. These include items such as canned tomatoes, beans, and tuna, frozen fruits and vegetables, dried herbs and spices, nuts, oil, vinegar, bouillon cubes, pasta, rice, and flour. Look for shortcuts. Buying pre-chopped and washed vegetables and salads can save time on meal preparation and cleaning. Cook once, eat many times. Sure, you can get a family size recipe and divide everything by four or six to make a meal for one person. Or you can cook bigger meals and freeze the leftovers in individual portions to eat another time. Prepare meals without cooking. Making your meals should not always involve any cooking at all. In addition to eating raw vegetables and salads, try uncooked probiotic foods-those that contain good bacteria, such as yogurt, cabbage, soft cheese, or pickled vegetables in brine-for quick and healthy snacks or side dishes. Cook your main protein once a week. By roasting a chicken at the weekend or slowly cooking a turkey breast, for example, you can use the rest of the meat to quickly create different dishes during the week. Add the meat to a soup or salad, slice into sandwiches, use in tacos, quesadillas, or burritos, or combine with vegetables and add to pasta or rice. Reinventing leftovers. If you don't want to eat the same meal a second time, having leftovers can be an excellent starting point for your next meal. For example, wrap the chicken, rice and left in a tortilla, then add some cheese and salsa-and you have a whole new meal. You don't have to be perfect. Don't think you've started by making every meal at home in order to reap the health benefits. Like anything, cooking for yourself is a habit that develops over time. Preparing home meals only a few times a week can improve how well you think and feel and encourage you to cook more often. Cooking without a real kitchen If you live in a dorm room, bachelor apartment, hotel room, or another place without a full kitchen, cooking for yourself can be more more I'm sure it's not impossible. Even if you have access to a full kitchen, space appliances such as a slow cooker, steamer, or toaster oven can be quick and easy to use, especially if you are a novice cook. Using a slow cookerS slow cooker or crock-pot is a plug-in device that slowly cooks food on a bench or table. It is designed to cook unsupervised so you can add ingredients in the morning before work and then come home at the end of the day to a fully cooked meal. Slow cookers are ideal for cooking meals of a pot such as soup, stew, chilli, or curry. When cooked slowly, even cheaper pieces of meat can taste delicious. A slow cooker uses less energy than a conventional oven and can keep your home fridge in summer. Slow kitchens are easy to use, even for the most inexperienced cook. Other useful appliancesFor now oven. Because it heats up quickly, a toaster oven is an economical way to bake, bake, and roast vegetables, or make baked sandwiches. Hot plate. Ideal for hotel rooms, dormitories and small apartments. About anything that can be done on a stove top can be done on a hot plate with a pot or pan. Rice cooker. With a little creativity, it can also be used to cook flavorful dishes of a pot as well as rice. Steamer. Steam is one of the fastest and healthiest ways to prepare food. You can use a standalone electronic steamer or a steamer basket that fits in a pot. Preparing meals without a refrigerator If you do not have a refrigerator, shop for food in individual portions or small packages. While these may be more expensive, you will probably have less waste than spoiling, so they may eventually be more cost effective. Just buy what you are able to prepare and eat before the food goes bad. To keep food fresh for longer, try filling a refrigerator with ice when buying perishable foods. Small remember to keep food sealed from the water as the ice melts. In winter, windowsills (as long as there is no heater below) can often be cooler places to store perishable products. Writers: Lawrence Robinson and Robert Segal, M.A.M.A.

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