

WTNS Radio OSU Extension Update for November 20, 2023
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk turkey and recipe modification, and as always look at some upcoming programs from OSU Extension.

Sometimes just a slight adjustment to a recipe can make it a little healthier for you and your family. Typically, it is easier to adjust the type or amount of fat or salt or sweetener while cooking compared to baking. But there are a few rules you can follow to modify baking recipes as well.

In general, you can get away with using $\frac{3}{4}$ of the amount of oil or solid fat (butter, margarine, shortening) that a recipe calls for. I love making pumpkin sheet cake with cream cheese frosting this time of year. Most recipes in every community cookbook I own call for 1 cup of oil. I reduce it to $\frac{3}{4}$ cup, and it does not affect the flavor or the texture. I also use Neufchatel cheese, which has less fat than cream cheese and tastes very similar. When I bake a cheesecake I use full fat cream cheese, but any time I am using it for a dip or frosting, I definitely go with Neufchatel.

(There are choices available for reduced fat versions of sweetened condensed milk and evaporated milk. This is an easy time to choose the reduced fat version to reduce calories and fat, and these usually have little effect on the final recipe. In many cases, you can also reduce the amount of salt added to a recipe by half, and sometimes, you won't notice leaving it out altogether. If you are baking a yeast bread, it is best to use the amount of salt it calls for.)

In many cases, you can reduce the amount of sugar in a recipe by $\frac{1}{4}$ or even $\frac{1}{3}$. Adding sweet aromatics can also create the effect that a recipe is sweeter, even if there is less sugar. Add cinnamon, nutmeg, vanilla extract, or almond extract to give impression of sweetness.

Few aromas smell more like Thanksgiving than the star attraction: roasted turkey. Few foods can produce more anxiety for the cook than preparing this oh so important component of the holiday meal. It is often big, often frozen, and it just isn't something we cook often enough the rest of the year.

The Food Safety and Inspection Service (FSIS) is one of the largest public health agencies of the federal government. It is part of the United States Department of Agriculture. They offer the toll-

free USDA Meat and Poultry Hotline, which is quite popular this time of year. (1-888-MPHOTLINE or 1-888-674-6854) According to the FSIS Hotline, here are a few of their most popular questions.

How do I defrost a frozen turkey? When you purchase a frozen turkey from the store keep in mind that it takes approximately 24 hours to defrost 4 to 5 pounds in a refrigerator. That means a 12 to 16-pound turkey will need 3 to 4 days to thaw, and a 20 to 24-pound turkey will require 5 to 6 days. Remember, we only have 11 days until Thanksgiving.

The USDA recommends that if you use the cold-water defrosting method, submerge the wrapped turkey in cold tap water and change the water every 30 minutes. Cook the turkey immediately after it is thawed.

How long does it take to roast a turkey? Be sure that your oven temperature is no lower than 325 degrees. The low and slow method is OK for prime rib, but it is not safe for poultry in an oven. The only way you know the turkey is done is when the temperature reaches 165 degrees. Use a food thermometer to check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. Approximate times are 3 hours for a 12-pound turkey and 4.5 hours for a 20-pound turkey. A partially frozen turkey requires longer cooking and a stuffed turkey takes longer to cook as well.

Be sure to check out our website for more resources at coshocton.osu.edu.

And now let's see what's new from OSU Extension: 2024 programming plans are underway. The next series of Dining with Diabetes classes will be in March. Be on the lookout for more details in the next few weeks.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!