

Ivey's In My Kitchen



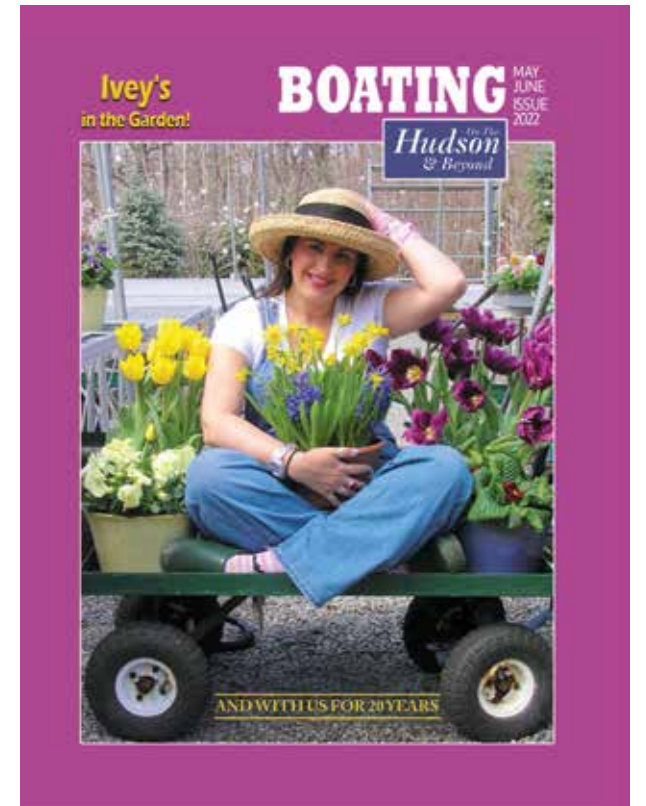
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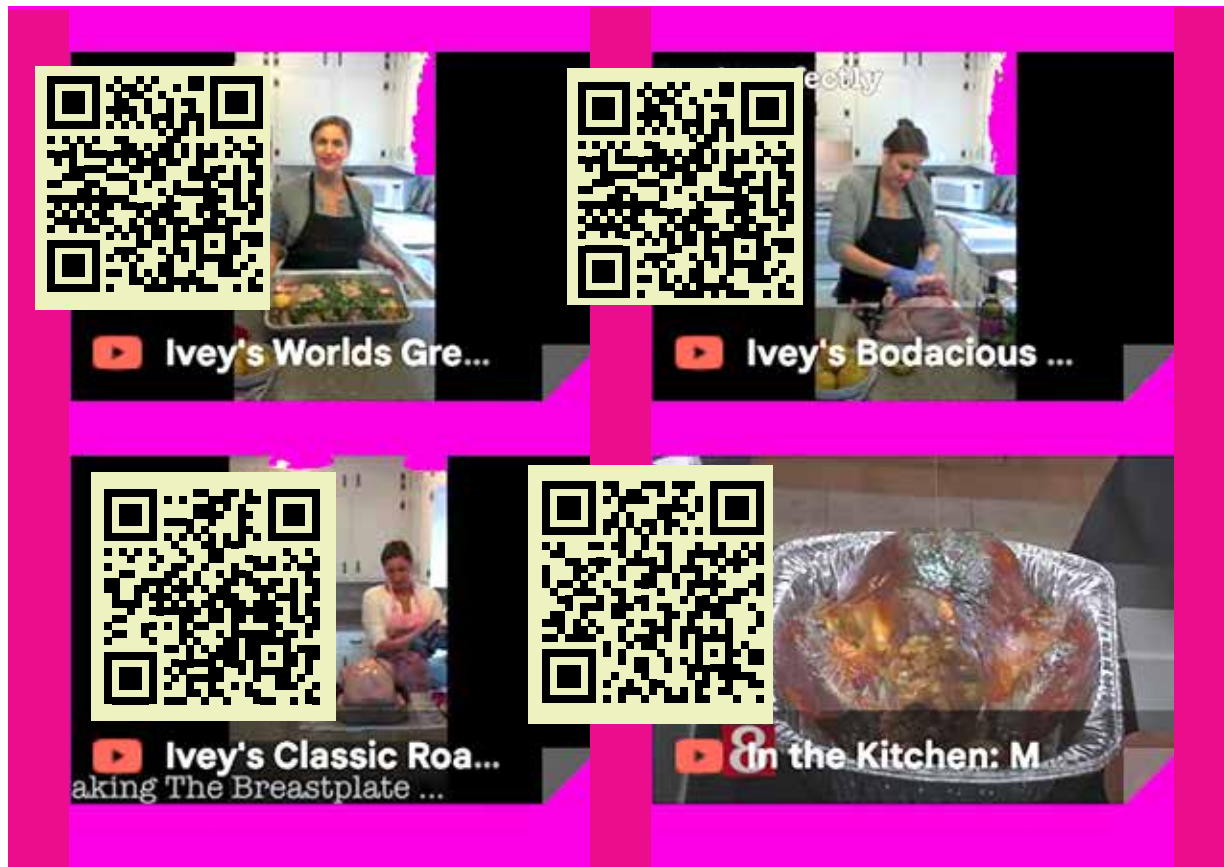
Happy New Year to You This is all New to Me

ENTRY 1. I'm writing this to you in real time. Something I do not often do; at least not since the appendix abomination of 2004. I write to you after all is done and hopefully I start at the beginning. This year, I am taking my most treasured classic, which is now a recipe for disaster for me, and I must start from the beginning. I am actually intimidated, but screw it, I can do it. Right? Hold my hand. We are going to do this together. For 20 years it has been vital to keep The Worlds Greatest Turkey Marinade published for every Thanksgiving. Because, as the title reads, it is, in my opinion, the very best. I have wanted all of you readers, old and new to be able to rely on it every year. I have even gone on TV on ABC's CT Style with this recipe. (You can scan the code to go directly to the Ivey's Turkey Marinade CT Style YouTube video, you can laugh at me while you take notes.) Whether roasted, butterflied, or deep fat fried, my bird is always marinated in this way. But now I have a genuine problem, the marinade contains onions, soy sauce and wine and lemon juice and I cannot have any of the things that I just mentioned. Yes, there are other flavors and notes like the fresh chopped sage and the fresh thyme and herbs, of course there is my Magic Oil (our FDA/ NYDA approved, flavored cooking oil) which imparts yummy garlic and herb flavors, but after that... there's just water.

Let's deconstruct this; onions I can substitute with shallots. I love shallots. However, I'm going to have to get a bit more punch out of them somehow. Maybe shredding? Maybe crushing after chopping?



Ok, at least that's one ingredient dealt with. But what about the lemon juice? What about the wine? What about the soy sauce?? What am I going to do? I have tried the amino soy sauce replacements on the market and they are (yuk) unacceptable. I would sooner dilute the original measurement of soy sauce and add water by maybe 3/4? Ok, that's something, I'll try that. Now what about the wine? It's for flavor and it's for acid (acid is exactly what I am looking to avoid, ok... realistically... at least reduce). A form of an acidic ingredient needs to be present for any type of marinade. So do I pick a devil? Can I eliminate the lemon juice? Ohh, wait, I can peel the lemon and use the oil from the peels to provide lemon flavor, without the lemon juice. Hmmmmmm, I can totally do that. Probably have to beat it with a rolling pin or bruise it to activate the oils but that idea does not suck, ahhh, ahhh I just remembered, also, I possess lemon salt! That has got to be a helpful ingredient in my quest. Let's put a pin in that lemon juice situation. Wine. Ahhh the flavor that white wine imparts into the turkey is noticeable. It's as distinct as the soy sauce. It is also an undeniable acid. Dilution maybe? Like the soy sauce? But at what ratio? Maybe this is possible? Ok, I am calming down a little bit.



When I began typing, my hands were shaking; this was and is a big deal to me. I am now breathing...the solution may be a dilution of the acids, without removing them and trying to pack a more intense flavor into the marinades other ingredients? Maybe we disassemble the bird to marinate it? That would guarantee more flavor dispersion, and additionally, easier marination penetration. I can add actual salt, since soy sauce is there for its flavor and saltiness. Maybe adding salt to the mixture will bring out the flavors of each ingredient and help to extend the salty flavors in the soy sauce?? Ok breathing better. I love and can have garlic, so I am going to add fresh garlic in addition to the garlic flavor Magic Oil gives. I am wondering if I add chopped fresh parsley will it make a difference? I don't usually cook with it, but it somehow seems to be popping into my mind a lot as a brightener, a fresh flavor for the marinade liquid. My mind jumps to celery. The celery leaves have a lot of flavor and they do have a particular place in Thanksgiving cooking and go well with turkey, how about I either beat the daylight outta these celery leaves and chop them and add them to the mixture? Yeah, that seems to feel right.

Making this marinade every year was simple because the measurements were big and broad, for example one full bottle of wine, one bottle of soy, four big onions, see where I am going with this? It was established, but now I have to measure, test, try and repeat. I love turkey, I love the flavor of this marinade, and I am not giving up or rolling over without at least a good fight. So wish me luck...

LATER Here is what I established; cutting up the turkey into pieces for marinating is definitely a step in the right

direction. By separating the bird, everything is equally touched and penetrated by the marinade and as far as the marinade itself is concerned, the smell is very familiar. The color is the first thing I notice, it is not dark brown, obviously from the reduction of the soy sauce, it is bright green. There is a lovely coloration on the meat that shows you the flavor has definitely found its way throughout the pieces. I think I can do better with the, (maybe more?) garlic. And I want to add fresh chopped scallions to the marinade. But unlike the other herbs and flavorings I do not want to crush them. I want their flavor and I fear crushed scallion greens may become bitter. It needs more salt, and a pinch of sugar. Maybe what I need is not a marinade but something closer to a brine?? I tried this experiment with both a whole and a cut up bird so I have the big bucket in use, lets use it again.

UPDATE AGAIN: The celery was a total failure; its flavor took over the marinade. The scallions were a no go as well, they ARE bitter in this. I introduced the food processor into the mix to chop shred and fix the mix; and it did. Huge ally the food processor for this recipe. It pulverized and blended the marinade flavors till they were all incorporated. The increased sage and thyme and the beating and bruising of the herbs and the aromatics helped intensify the flavor while not missing the reduced soy sauce as much as I thought. This is not bad, it's not IT, but it's getting there. Ok, I am going back into my kitchen. I am going to get this right, or I am not going to have turkey. Yes, I realize I sound like a spoiled child but so do most people when you mess with their Thanksgiving traditions.

When I began my company Ivey's In My Kitchen, Inc. I actually went into people's kitchens. There is a large questionnaire to be filled out when applying for lessons from me, before I come into your home. It is still used to this day, it has more questions than I am willing to confess. There is one, ONE QUESTION, that all people answer the same, one answer that never waivers. When asked what is their favorite holiday meal, everyone fills in: Thanksgiving. I have been using this form since 2001. So when I say that people get ruffled when you mess with their Thanksgiving food flavors, I mean it. So I look to you for a little sympathy and perhaps an understanding as to why this is so important to me. It's family tradition and I want my family to have their favorites every year. It's my favorite too. One of the most soothing scents to me is my hands in the days leading up to Thanksgiving. I have been told I sleep smiling with my fingers right under my nose as if I am breathing in the marinade. Which no matter how I tried not to, would always get on my hands especially when we used to marinate the bird whole and have to turn it twice a day. It smells like home, it smells like Thanksgiving. If it was a candle it would be called Happy Holidays. Are you getting how connected this recipe is to me? This is more than simply an issue of taste buds and nutrition, this is a mission. I'm goin' back in!

NEXT: Hi, it's me, I am back. Chardonnay is definitely the right wine, however, it needed tweaking. Such as overnight aeration and a ¼ teaspoon full of sugar made all the difference. I am serious. The overnight aeration plus sugar addition helped lower the acidity in the wine. This empowered the flavor of the wine and makes it ever more clear that this is a combination of a brine, a marinade and a rub. Herb insertion is now coming by way of an almost pesto with a dressing like consistency. To get the herb flavor really intensified but kept fresh, not cooked was to place them in the food processor with the lemon salt and Magic Oil and a flavor of herbs was pureed to perfection for penetrating its potent flavors powerfully into the poultry. Using only the lemon salt was also a success. I needed both lemon flavor and salt so win win. As far as the lemon juice replacement, I went with the zest of two lemons into the food processor. Yes, I did just do that, and I think it worked. Roasting vs. frying is my choice for this year. We tried it both ways for this trial. The roasted marinated turkey developed a perfect crispy skin and was extremely juicy with all of its flavors. The fried bird wasted a lot of that yummy skin and gave me a lot of hard edges. It was very tasty but the soft edible meat was much less on the fried turkey pieces. Also, fully submerging the pieces in bags, not a bucket, made a difference too, and then rinsing off the pieces of marinade and drying them off well, allowing for the skin to dry out a little, also made an impact on the crispy skin. I was worried I was rinsing away the flavor when I rinsed each piece of turkey under cool running water but I found that the marinade really

penetrates and the small amount of bits of marinade that do stick to the skin after a gentle rinsing is minimal. Do not skip this step the garlic, herb, shallot bits will burn and make the skin inedible if you just leave it. Trust me.

Deconstructing the marinade made me realize how common the idea of lowering acid can be, and now that I see it, I see a clear path to preparation. Let's do this together, don't question me, trust that I have exhausted many options and I am now giving you the best that I've got after trying everything I had. For a side note, I am now sitting here, weeks after I began writing this to you and as I sit here nibbling on cold turkey salad made from the leftovers, I am confident that I reworked this recipe in a way that I can be proud, I love it. Try it; let me know how you do. It's my hope that you will start on Monday and follow your way to a divine delicious decedent delight to dive right into. And make you sniff your own fingers with a cooks smile whilst you sleep. It's The World's Greatest Turkey Marinade – Lower acid experimentation!

Turkey, butterflied and cut into easily zip bagged pieces

1 Head of Garlic – all cloves peeled

Zest of 2 Lemons

¼ Cup Lemon salt

3 large bunch of fresh Sage – leaves roughly chopped

4 large bunch fresh Thyme – stemmed if possible.

Chop soft stems.

1 bunch Parsley – leaves only

1 ½ Cup Magic Oil – substitute with vegetable oil, canola oil, pure olive oil just not extra virgin olive oil.

10 large Shallots – peeled and roughly chopped

1 Cup Soy Sauce - plus two Tbs. on the side

2 Cups Chardonnay – pour into a wide open container overnight

Sugar ¼ Tsp. (mixed into the wine)

½ Cup water – as needed to soften paste

YOU WILL NEED

Lemon Zester

Garlic Crusher

Food Processor

Spatula

Large Zip Bags

Room in the refrigerator for Monday, Tuesday and Wednesday

So, in the end, this is how I did it: I cut up the turkey. First I butterflied it then slicing it apart was easy peasy and I also had the backbone, wing tips and scraps to make Thanksgiving broth for home made gravy. Scan the Ivey's Bodacious Butterflied Turkey to see me make a complete fool of myself trying to fight a 30 pound Murrays turkey!! When I was ready to make the marinade, I paused first and hand dried each piece with paper towels and put them into a very large zip bag and sprinkled soy sauce directly into the bag, approximately 2 Tablespoons. Then I forced out all the air from the bag and let it sit. Since I reduced the soy sauce in the marinade I want the turkey meat to have direct contact with the soy sauce first to let it sink in just a little. One head of garlic, peeled into cloves, which I pressed through a traditional garlic press. Then the Lemon salt was a ¼ Cup. The zest of two lemons was to follow and with these three ingredients I pulsed my food

processor using the low and sharp metal blade. Then I turned towards the fresh herbs, I used sage, three large bunches, removing all the leaves from the hard stems and giving the pile a rough chop and then right into the food processor. Thyme was handled differently, we rough chopped four large bunches of thyme, but the thyme had been removed from it's stems. This took a little time and effort but trust me it's worth it. So we have a mound of thyme and it too goes into the food processor. Now the parsley, only the leaves, no stems, we used a hearty handful of parsley leaves and threw them into the food processor whole. Then we processed! Pulsing the food processor until its contents started to resemble a chopped garden and has created the most heavenly aroma. This was the time to add the chopped shallots and quickly pulse a few times more. Once you have placed in all your solid ingredients, reach for your Magic Oil, you can substitute with corn oil vegetable oil pure olive oil just not extra virgin olive oil. The oil acts as a vehicle, almost an emulsifier and as I drizzled it into the running food processor I was able to see it all come together like a pesto, but one that smelled like Thanksgiving. The wine had already sat out overnight, 2 cups of chardonnay in a bowl for 24 hours then ¼ tsp. sugar and stir to dissolve. Soy sauce is 1 cup and these liquids are going to wait until you have finished drizzling 1 ½ cups of Magic Oil into the herbal mixture and it has lightened from dark green to a lighter green color. Add the soy sauce and the wine at the end and run the food processor for 1 minute until all the ingredients are combined and almost frothy. The bucket concept didn't do as well as the zip bags. The bags hold the marinade closer to the turkey and really help the flavors penetrate. I divided the now blended marinade into large zip bags filled with turkey, mushed them around with my hands to make sure the marinade gets all the way in and let them sit for the three days that would represent Monday through Wednesday of Thanksgiving week.

Today, I got up at the crack of dawn, and took each piece of turkey and gently rinsed off the solids of the marinade. Each piece was then dried off with paper towel and given a slight coat of Magic Oil. I used the Classic Roasted Turkey method, which you can scan and see a very young me doing it down to the detail. It is the concept that you begin your bird in a 500 degree oven for 25 minutes then cover the meat with a layer of tin foil and reduce the oven temperature to 375 degrees. Place a digital probe meat thermometer into the meat and make sure not to touch the bone. Safe temperatures are above 170 for white meat and 165 for dark meat. These are temperatures that tell you the food is no longer dangerous raw and is now safe to eat, it does not mean it is necessarily cooked to your taste. A turkey will rise in internal temperature after you remove it from the oven so let your turkey rest for AT LEAST 15 MINUTES. Personally, I like my white meat a little closer to 180 degrees and my dark meat at 190, so using a digital probe meat thermometer really makes all the difference when cooking a successful turkey.

Murrays turkeys are the best without question. I have been following them and enjoying their tender turkeys year after year. There are other turkeys but for me and my family, it is not Thanksgiving without Murray! You can order your Murrays Turkey from stores like Agata & Valentina, FAIRWAY and Westside Markets, call them ahead of time to reserve your magical Murrays turkey and experience the difference.

Working with this recipe, or I guess I should say reworking this recipe has been a personal journey for me. I can't tell you how many times I had to watch my old turkey videos, and while they are slow by today's standards they are really solid and still hold up. I encourage you to watch the original Thanksgiving turkey videos, there is not only the original marinade, there is a super simple & super fast way to roast a turkey, there is an instructional on how to butterfly your turkey (now if you have the inclination to make fun of people, I found that one to be the most cringe worthy. Hey, no one likes to watch themselves! Or at least I don't.) I am so lucky to have these old videos as archives for the season but also, now that I and therefore they are older, I look at them with sentimentality. It's all real, the smiles, the surprises, the finding a boner in an unexpected place on a turkey, it was all in real time with very little edited. I love being able to be in the kitchen with you to help you step by step to follow the recipe. There is nothing more flattering then when readers tell me of their stories of trying these recipes. That is the real success. So do your own turkey with me this year. It isn't just for Thanksgiving. Turkey serves as a delicious treat at Christmas, at New Years, at any holiday meal a big juicy flavorful turkey feeds a lot more then just multiple tummies. Turkey is a comfort food. Just ask the L-Tryptophan.

In the end, what saved me was in my own back yard, my very own invention and creation and third child Magic Oil. It was my own product that was the vehicle getting my marinade where I needed it to go. I would really love to share my Magic Oil with all of you. I am ready to manufacture another batch and if you are interested please send me an email Cook@Iveysinmykitchen.com I am always so happy to hear from you. Thank you everyone who sent in their kind thoughts about the chickens article, it means a great deal to me and I appreciate every one of y'all. You're why I love doing this.

So in the end, let's try this again, I was saved by an herbal concoction, my own oil and an adjusted perspective. I didn't need to go without, I just needed to reevaluate and then fine tune. And really, with food, isn't that already my job? So I hope you enjoy my food adventure, I hope you got at least a chuckle and I would be over the moon if you tasted this marinade this year when it comes to your turkey this holiday season. So, I guess I did it? Thank you for staying with me and holding my hand. I was afraid I was going to have to change the name, but no. Now it is going to be called The Worlds Greatest Lower Acid Thanksgiving Turkey marinade! Do I have to register it with a trademark or can we just make this an appendage to the original? I don't know, all I know is I'm so happy my home smells like my traditional Thanksgiving. **Enjoy the holidays!**

See you next year XXOO Ivey

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