

KITCHEN NOTES @

TECHNIQUE | HOW TO CARVE A TURKEY

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them i i but we prefer to leave tather than carving the Thanksgiving bird tableside, we recommend tackling this messy job In the kitchen. Some chefs start Dy, detaching sonanns crisp oh, Make sure to rest yn the bird for added stability while removing the leg quarters. We also avoid turning the turkey breast side down during carving so as not

he bird for 45 minutes before carving so it is cool enough to handle and its juices have time to redistribute.

Using your finger, locate

joint that connects thigh and Remove breastmeat from

rough skin between breast drumstick, and cut through Slice through skin between wing and carcass by running tip of knife ae

- g. Pull leg away from breast it. Leave drumsticks whole breast. Pull wing away from breast along breastbone. Use your een f reast.

nt that connects them is and cut thigh meat off until joint that connects them is other hand to hold and pry ice Ce ae a sed. Cut through joint and any bone, slicing on either side exposed. Cut through joint and any meat from bone as you cut, eae ise

ed skin. Repeat with other leg. of bone. attached skin. Repeat with other wing. following contours of rib cage. __ into thick slices.

~2 ose ere se ie a i eae REID 2S RAS ee ee Preventing Soggy Salad Cracking Down on Peppercorns

= that sometimes salads seem to go limp as soon as the dressing hits the

nile other times they stay crisp and crunchy, even when they sit around for

? We wondered if there is something about how a salad is dressed that can resh or Cause it to sog out more quickly.

RIMENT ressed 2 ounces of mixed salad greens in three ways: tossed with oil and then tossed with vinegar and then oil; and tossed with a fully

emulsified dressing vaith vinegar, oil, and a little bit of mayonnaise and mustard (the latter ingredients <eeep the emulsification stable much longer than vinegar and oil alone). We waited tes and then examined the greens for signs of wilting.

JLTS rst salad was seriously wilted after [5 minutes; the second salad was a litte wilted; third salad was barely wilted at all.

EXPLANATION

It turns out that salad leaves have a protective waxy cuticle layer that prevents water- based liquids (vinegar) from having much effect on them, but oil easily penetrates this film. Tossing the greens with vinegar first provides a barrier that blocks the oil, keeping it from penetrating the cuticle. The emulsified vinaigrette works the best at keeping the salad crisp because in this state the vinegar surrounds droplets of oil, keeping them trapped and preventing contact with the greens.

SOGGY SLIGHTLY WILTED CRISP Tossing a salad with a fully emulsified vinaigrette (right) is the only way to ensure that greens keep their crisp texture. But If you prefer to add oil and vinegar separately, Introduce the vinegar first, followed by the oil (middle).

With a good pepper mill such as our new winning model, from Cole & Mason (page 27), grinding peppercorns to the perfect size for coating steaks or our Pepper- Crusted Beef Tenderloin Roast (page 9) is easy. But even on their largest settings, many pepper mills create a grind size that's too small, resulting in a crust that isn't crunchy. Here are two other ways to achieve coarsely cracked peppercorns, each about the size of a halved whole one. Be sure to sift the cracked Peppercorns before measuring to remove the finely ground particles (save them for another use).

METHOD PROS CONS

Blender Process | cup peppercorns (less vol Fastand Low yield, with ume doesn't work as well) in blender painless —_ about half of

on any speed until no whole ones peppercorns remain. ; turning to dust Skillet? On cutting board, rock bottom edge = Minimal = Slow and Pot of skillet over 2 tablespoons pep- waste arduous Percorns until they crack. Repeat with more peppercorns. FI ART Giving Kale a Rubdown

Once Just a garnish, raw kale has become a star addition to salads. While we love the bright, nutty

flavor of the uncooked vegetable, unless we're using hard-to-find baby kale, its texture can be a little tough. Here's a way to tenderize these greens without ever subjecting them to heat: After removing the ribs, cut the leaves into ¼-inch ribbons and "massage" them. Kneading and squeezing breaks down the kale's cell walls much the way that heat does, darkening the leaves and turning them silky. We found that it takes a rubdown of at least 5 minutes to soften | bunch of coarse green curly kale, but the more delicate leaves of Tuscan kale (also known as dinosaur or Lacinato kale) or red kale need just a minute of Massaging.

COOK'S ILLUSTRATED

ILLUSTRATION: JOHN BURGOYNE

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