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## The smoking goat

A. Smoking is a method of curing foods, usually meat or fish, but also cheese, exposing them to smoking for a long time at low temperatures. Smoking can take several days at temperatures around 150 degrees to 200 degrees F. Aromatic forests, vines or herbs can be used to give a variety of smoked flavors. The chemicals present in the smoke help to preserve food. Smoking food is usually done commercially, but with specialized equipment it can be done at home. If you want to know more about smoked food, see: Smoke and RubsHerb-Smoked Chicken RecipeTexas-Style Barbecue Brisket Recipe Be the first to rate &amp; review! Instructions Checklist 379 calories; calories from fat 29%; fat 12.4g; saturated fat 6.9g; monotaunks 3.8g; political support 0.8 g; protein 25.2g; carbohydrates 40.2g; fibres 2.7g; cholesterol 43mg; iron 3.8mg; sodium 1107mg; 331mg. © 2020 health.com. All rights reserved. Printed from 12/14/2020, this link is to an external site that may or may not comply with accessibility guidelines. Recipe: Smoked maple old fashioned hero ingredient: most standard old fashioned recipes call for simple syrup or sugar as a sweetener. This recipe instead uses maple syrup, which has the same effect as sugar or simple syrup, but is much warmer and inviting to taste. Pro Tip: How Sweet Eat Jessica Merchant discovers that this cocktail is smoked with fruit peel in a glass. We take our own little version of a smoking slice of lemon and orange peel in a glass before adding bitters, maple syrup, and smoked maple bourbon, she says. Why We Love It: From smoked maple bourbon whiskey to torches of lemon peel to garnish, this cocktail has several layers of smokiness. There are many great ways to cook a turkey, but the best is smoking. The number one thing you will need is time. Smoking is a slower cooking process than roasting so be sure to read the whole process before starting and do the math to get the time right. It's a good idea to put everything on the map in the past. The results will be worth it. In BBQ Inc. Smoking turkey isn't a quick method, but it's surprisingly flavorful. It takes cooking time of about 30 minutes per pound at a cooking temperature of about 235 F/115 C to get the bird cooked through. Make sure you build your fire accordingly. However, you can smoke your turkey at 250 F/120 C to reduce cooking time a little. Plan for 25 minutes per pound at this temperature. It is a better strategy for larger turkeys because it reduces the time that bacteria can potentially grow. Lightly oil your cooking grid. As you turkey ready, keep an eye on the smoker and make the necessary adjustments to reach the target temperature. Turkey over 20 pounds / 9 kg will take a long time to cook. At this time, the upper hand and spoil your bird. I recommend that if a turkey weighs more than 15 pounds that you cook it at 250 F/120 C. For BBQ Inc. If you plan to make a sauce and need to catch drips from the turkey as it cooks, then place the pan under the bird. Use a disposable aluminum pan that is larger than your turkey. Pour about 4 cups/1 liter of water into a pan to prevent drip from drying and burning during smoking. Most of this water will evaporate during the process, so check it late during cooking to make sure there is still water in it. Add more water as needed. If you do not use a smoker with water in the pan, this pan of water will help add moisture to the smoking chamber. Poultry is a good idea to smoke in a humid environment. In THE BBQ Inc. Prepare the turkey by removing the neck and »bles from the inside. If the turkey is brined, be sure to rinse it thoroughly. If not, rinse the turkey anyway to make sure it is good and clean. Check the bird for both freshness and loose pieces that need to be trimmed. The wings of the turkey tend to sway to the side. To prevent their excessive ticking and drying, pin them to the bird's body with a toothpick. It's also a good idea to take the skin out of the neck, fold it and pin it down with another toothpick. Tightly packed bird is a good idea, but not much to worry about other parts. In BBQ Inc. Before the turkey goes smoker you will want to add some flavor to the bird. It is best done with a spice rub. You can use your favorite ingredients in this rub, from dried spices to fresh herbs to a passion for citrus fruit. What remains important is to apply these flavors if they are very beneficial; this means under the skin. Starting from where the leg will lock up the body, slip your hand under the skin and loosen it as much as possible around the turkey breast and body. Push your turkey to rub this place and spread it evenly. Work rub into as many meaty areas as possible as well as the body cavity. As the humidity of the bird blends with rub it steam inside with taste. In BBQ Inc. Smoker's consistent temperature at the time of cooking is very important. You can smoke your turkey anywhere between 200 and 275 F/95 to 135 C. There is no real benefit to cooking at a lower temperature than that. You can cook at higher temperatures, but anything above 275 F/135 C is not going to give the smoke taste and softness you want from smoked turkey. Your turkey cook slower at higher elevations and weather will play an important role during cooking. The type of smoker used also changes the time and temperature. You may need to adjust the cooking temperature up or down to reach after your dinner time (also plan an additional 15 minutes rest time before you At 235 F/115 C, your turkey will take 30 to 35 minutes per pound. At 250 F/120 C, your turkey will take 25 to 30 minutes per pound. At 275 F/135 C, your turkey will take 20 to 25 minutes per pound. In BBQ Inc. Place a turkey smoker where smoke can flow smoothly around all sides. It should be placed squarely on top of your drip pan to be able to catch all the drip (and help keep your smoker clean). If your smoker has a shift pattern or otherwise puts more heat on one side than the other, then you will need to rotate the turkey every two hours to make sure that the bird cooks evenly. When oven roasting bird, it is a good idea to cover the breasts with foil during part of the cooking time. This is to prevent skin burning or drying. Since smoking occurs at a lower temperature it will not be necessary. With turkey on a smoker, now is a good time to clean everything to prevent cross-contamination with anything that has come into contact with the bird. For BBQ Inc. With a smoker hot and a bird on a cooking grid, it's time to build a good dose of smoke. The meat absorbs more smoke early during the cooking process than it does later, so now is the time to get the smoke going. Any tree (except maybe mesquite) is a good choice for your smoke. If you use a large piece of wood, you do not need to soak the tree. If you use smaller wood chips, soak them first. It slows the burning rate and gives longer, more consistent smoke. Make sure you shake off as much water as possible. Wood chips must be wet but not dripping. When the tree is placed in the smoker, close it and watch the temperature. Unless you need to rotate the turkey during cooking there is no reason to open the smoker for several hours. Keeping the smoker closed there in the heat and smoke, so don't waste it by opening the smoker excessively. For BBQ Inc. If you want to baste your smoked turkey, wait until the last hour of cooking time to get started. The baste ingredients depend on your preferences. Adding some sweet to the baste gives the surface turkey a sugary taste. Apply a baste to every inch of the surface of the turkey, including the insides. If you want to do a lot of basting, double my recipe and repeat after 30 minutes, giving the first coat time to sink. In BBQ Inc. As the end of cooking time nears, you need to check the temperature. Turkey is a complex collection of meat, so the test in one place will not do it. You need to check both sides of the bird and both white and dark meat. Look for the center of the breast and push the meat thermometer into it, but avoid getting it to the bone. Bone heating faster than meat and will give you false reading. Then check the thigh between the leg and body. Now do the same, on the other hand. Lowest reading the one you are using. You are looking for an internal temperature of 175 to 180 F/80 to 95 C (this is not your final temperature). When the lowest temperature on the bird reads this temperature, it's time to get the turkey out of the smoker. Make sure there is a large plate or cutting board and some aluminum foil ready. The Rest of BBQ Inc. is the secret of juicy, tender, properly cooked meat. The rest allows the heat to even out (bring up the cooler parts and cooling at the hot spots) and, most importantly, allow the meat to relax. Under heat, meat contract and squeeze the juices. By allowing the meat to rest before you cut into it, the meat can reabsorb some of the moisture. For a full-size turkey, the rest period is about 15 minutes. Be sure to tightly cover the turkey to hold the heat and moisture while it rests. Put it somewhere warm and without a project so that it can relax accordingly. When the rest period is over, you can start cutting. If you use early and need to let the turkey rest for more than 15 minutes, cover it with some kitchen towels for extra insulation. The warmth of the bird will keep it warm. When you're ready, remove the overlay and start cutting. Cutting.

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