



Media Advisory

Move Over, Col. Sanders – This Thanksgiving,
Coast Packing Offers Finger-Licking Deep Fried Turkey Recipe

***Praising the Lard, El Aviso Magazine's Kathy Jurado Teams with
West's Leading Supplier of Animal Fat Shortenings***

VERNON, Calif. (Nov. 16, 2016) – Wishing everyone a crispy Thanksgiving, [Coast Packing Company](#), the leading supplier of animal fat shortenings in the Western U.S., has again teamed with *El Aviso Magazine* contributing writer Kathy Jurado on two recipes certain to spice up anyone's holiday.

“There's more than one way to cook a turkey, as Kathy's deep fried turkey recipe demonstrates deliciously,” said Eric R. Gustafson, CEO of the 95-year-old company and an advocate of healthy animal fats in the American diet. “Lard makes this recipe special, as it does for her recipe for deep fried jalapenos. Both underscore our belief that natural, minimally processed food is the way to go. It's always wise to avoid industrially-produced partially hydrogenated fats in favor of animal fat shortenings, which have the benefit of being consistently delicious and promoting health.”

The recipes follow:

Deep Fried Turkey

Ingredients:

- 1 turkey (about 12 pounds)
- 1 sweet onion medium (sliced)
- 1-2 lbs. lard
- 2 garlic cloves (chopped)
- 2 celery stalks (trimmed)
- 1 apple (sliced)
- Spice rub mixture of
 - ✓ ¼ teaspoon salt
 - ✓ ¼ teaspoon garlic salt
 - ✓ ¼ teaspoon white pepper

Directions:

1 to 2 pounds of lard (you may need more or less depending on the size of the turkey and the depth of your frying pan)

1 extra large deep pan (approximately 12 quarts)

Prepare lard at medium heat, about 350 degrees (do not allow the lard to exceed more than 3/4 of the frying pan; the lard will rise when you put the turkey in)

Here's a tip for measuring the right amount of lard: fill your pan with water to 3/4. Drop the fresh turkey into the water, to measure how high it would rise in the deep-frying pan. Remove the turkey and adjust the melted lard to that level, making sure it does not exceed the top of the pan or splatter over.

Preparing the turkey:

- ✓ Make sure there are no feathers, metal or plastics on the bird.
- ✓ Clean out the giblets from inside the bird and set aside for a great gravy, or to add to your stuffing
- ✓ Stuff the celery, onions, garlic and apple inside the bird. Use large wooden picks to close the bird
- ✓ Rub your spice mixture all over the outside of the turkey

Frying the turkey

- ✓ The melted lard and pan will be very hot. Be cautious and use a large metal basket strainer to lower the prepared bird into the heated lard, neck down.
- ✓ After carefully placing the bird into the heated pan, cover with a ventilated top and let fry for 1/2 hour; check the position of the bird and the level of the lard. Make sure to keep the lard a few inches below the top of the pan. Make sure the entire bird is submerged.
- ✓ Maintain the temperature of the lard at 350 degrees F (175 degrees C), and cook the turkey for 3 1/2 minutes per pound. Lard works best because it can maintain its flavor in the highest heats and won't smoke you out of your house and kitchen.

Allow for a cooking time of roughly 1 hour and 45 minutes.

Carefully remove basket with the turkey from the hot lard; drain the turkey. Use a meat thermometer and insert it into the thickest part of the thigh. The thermostat should read 180 degrees F (80 degrees C). If it doesn't, re-submerge the bird for another half hour. When the turkey reaches the desired temperature, finish draining it on the prepared platter.

And it makes a great sandwich the next day, too.

Deep Fried Jalapenos

Ingredients:

8 medium sized jalapenos (the harder they are, the less spicy they cook)

1 cup lard

1 cup prepared meat for filling (cooked ground beef) *or*

1 cup shredded cheese for filling (or both meat and cheese)

2 eggs whipped and spiced to your taste

Toppings: shredded lettuce or cabbage, media crema, cotija Mexican cheese, fresh tomatoes and onions

1 can media crema

1 medium tomato, thinly sliced

¼ Spanish onion, chopped or thinly sliced

2 cups shredded lettuce or cabbage

¼ cup Mexican cotija cheese crumbled

Directions:

First, prepare the jalapenos. Slice one side of the jalapeno in the middle. Remove seeds and inner strands; set aside. In your favorite frying pan, melt the lard to liquid, medium heat.

Slightly fry each side of the jalapeno until the skin rises, then remove from lard and let cool. Once the jalapenos are cool enough to handle without hurting yourself, peel the skin off. The jalapeno should be soft; be careful not to rip it. Set the skinned jalapeno aside.

Take the cooled jalapeno, open the sliced side and fill it with your choice of shredded meats or cheese; use a toothpick to re-close it. Roll the closed jalapeno in whipped egg, making sure both sides of the jalapeno are covered. Using the same lard in your frying pan, in medium heat, re-fry the jalapeno for about 2 minutes per side, until the egg is cooked to a light golden color and until it's a little crispy around the edges or the cheese starts to melt out of the jalapeno.

Remove the finished jalapenos from pan and let cool. Top off with Latin media crema or cheese of your choice, lettuce or cabbage and fresh thin sliced tomatoes. Consider cotija Mexican cheese sprinkled across the top with fresh shredded lettuce or cabbage. Serve warm.

About Coast Packing Company

Coast Packing Company (www.coastpacking.com), a closely held corporation, is the number one supplier of animal fat shortenings – particularly lard and beef tallow -- in the Western United States. The company sells to major manufacturers, distributors, retailers, smaller food service operations and leading bakeries. The company participates actively in various ethnic markets – from Hispanic retail chains, with its VIVA brand, to various Asian specialty markets. Based in Vernon, Calif., Coast Packing Company is regional, national and, increasingly, global. In some cases, supplier relationships are multigenerational, extending back 50 years and more.

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