

Don't thaw bird at room temperature

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about by way of evolution.

"For instance, gravy used to be made from the turkey drippings, but that's not recommended anymore," he said.

In keeping with exhortation to keep it simple, he said a simple way to add flavour to a roasted turkey is to soak the bird overnight in a brine solution or slide butter between the skin and the meat. That way, when the bird is roasting, the juices will be less likely to evaporate.

Brine is prepared by mixing water, honey and salt in a large bowl, stirring until the honey dissolves. While cooking, the pan should be rotated every 30 minutes to give an even golden colour to the skin. The sides and legs should be basted with sugar water, which will



caramelize and add to the even colour. "That's not a recipe," Mr. Oh said. "It's common sense cooking. I teach the science of cooking, understanding the reasons why certain methods are used, as opposed to recipes."

Nevertheless, he said new flavours can be obtained by adding herbs, spices, chili peppers or peppercorn to the brine solution, but again cautioned it's probably best to keep it simple.

His second piece of advice, echoed by food experts far and wide, including the Ontario Ministry of Agriculture, is to be careful preparing the turkey to avoid food poisoning.

Since most turkeys are purchased frozen, it is important to ensure the bird is carefully thawed in a refrigerator for about 24 hours. If not fully thawed when it is time to cook it, run luke-warm water into the cavity to help thaw it quickly.

Birds should never be thawed at room temperature.

Mr. Oh also warned against partially cooking a turkey ahead of time and then finishing the cooking process a day or two later.

"Uncooked portions will start to deteriorate," he said.

Turkey should be roasted at 350 F.

"But each oven is different so you have to be careful about hot spots," Mr. Oh said, advising the roasting pan should be rotated occasionally.

In terms of preparation, there is nothing really new on the scene, Mr. Oh said.

Nor is the typically North American

Thanksgiving turkey being influenced by other cultures.

"As far as Asian cuisines are concerned, for example, turkey is not part of their diet, it's not in their repertoire," he said.

Nevertheless, for those wanting to try a different approach, there are recipes available at numerous Internet sites, including some with an Asian flair.

For those wanting to try a different cooking method, there is turkey in a brown paper bag. The trick is to rub salted butter thoroughly all over the outside and inside of the bag, making sure not to miss any spots.

Stuff the turkey, keeping in mind it will become extremely moist in the process, so if you like your stuffing dry or crunchy, leave some to cook on top of the stove.

Grease the turkey, same as the bag, and put it in the bag.

Fold the opening closed, seal it with some more butter and fold it under the turkey.

Put the turkey in a roasting pan and stick it in the oven at 350 F for about three hours for an 18-pound turkey, 30 minutes longer for a bigger bird.

No basting, no poking, just forget about it. Don't tear the bag, because that will let all the steam out.

A half-hour before it's time to come out, tear a small hole in the top of the bag, being careful of the steam. If the skin is starting to brown, tear off the paper and put it back in the oven until done.

The meat will probably fall right off the bones, so if you're looking for a good presentation for your table, this isn't the right recipe, but it's ideal for a buffet-style dinner.

Bernal's portrayal lacks power

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Bernal.

rich girls and raising hell. They counted the days till they could set off on their adventure to escape their narrow confines and see the world.

The film picks up as they are about to embark on their great sojourn, on a motorbike, with \$15 (US), a dream and dog.

They are in no way prepared for what they see: gorgeous mountains and valleys, lush crops, big skies and then vast numbers of starving, out of work peasants, the very rich who turn a blind eye to the poor and, finally, zero support, food or health care for the masses.

Eventually, they set up an ersatz medical clinic within a leper colony and work there for some years, bringing a measure of hope and joy to the lepers and honing their compassion.

Mr. Bernal's portrayal of Ernesto is focused but lacks the power the real man appeared to have. If you somehow put Benicio Del Toro and Russell Crowe together, you've got Che, not pretty boy, chisel-jawed

The movie is soft and sweet and that's not the impression I have of the man who led various revolutions in South America and Africa, including the biggie in Cuba under Fidel Castro.

Che ran the Cuban National Bank, as Castro's trusted right hand, before heading off to other world revolutions, calling for and writing about guerilla warfare.

FILM DOESN'T ADD UP

Che demanded "more Vietnams". In 1967, a Bolivian firing squad executed him, allegedly at the behest of the CIA, which was training the Bolivian army.

The film doesn't add up. According to various sources, Ernesto was a teenaged Marxist, who was politically sophisticated before he went to medical school. According to Walter Salles, Che only learned about the inequities of Argentina on this fabled motorcycle trip.

It's a pretty film but it is too pretty and lyrical to describe a militant revolutionary.

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