We Give Thanks to All of You! • FSTN Second Annual Trunk or Treat for our staff! **Best Turkey Recipe**

We Love our Veterans!

- **Employee of the Month** Recipe of the Month: Baked Homemade Macaroni & Cheese
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FSTN Second Annual Trunk or Treat for our staff!



We had such a great time tonight at our 2nd annual Trunk or Treat for our employees & their families. Thank you to everyone who came, decorated their trunks & dressed up!

Best Turkey Recipe

Have you ever tried to make a turkey for the holidays only to find that you haven't thawed it long enough, you haven't cooked it long enough, or it's just too dry? We have the recipe for the juiciest, most flavorful turkey ever! You will impress everyone with this

Everyone looked great & did amazing!!

recipe!

40°F.

Breaking the Ice

Quick Thaw

Place the wrapped turkey in a 5-gallon cooler with a drain spout. Cover the turkey with cold water, while draining and replacing the water every 2 to 3 hours (to keep the water at 40°F or below) until the turkey has thawed (8-10 hours, depending on the size and beginning temperature. Slow Thaw

and leave it for about four days. Add more ice if the cooler's temperature rises above

The key is to soak your turkey in a salt solution, or brine. Clean your cooler with soap and water, then pour in half a gallon of hot tap water, 2/3 cup sugar, and a pound of salt (2 cups of Morton's kosher salt.) Stir thoroughly to dissolve the crystals then stir in 8

Time To Brine – One of the MOST important steps for a moist turkey

pounds of ice and 16 cups (128 ounces) of vegetable broth.

right below. If it does begin to rise, add more ice.

Final Countdown (4 hours until dinner)

two large carrots, all roughly chopped.

get a nice, even coating of butter all over the turkey.

which means the turkey will take longer to cook.

Ingredient List

THE MEAT OF THE STORY

8 lbs. of ice

Place the turkey in a cooler with about an inch of ice in the bottom. Put it in a cool place

Meanwhile, unwrap the thawed turkey and remove any parts (neck, bag of organs, etc.) but leave the plastic clip holding the turkey's back legs together in place. Place the turkey in the brine, breast side up. You need to make sure your turkey is covered or almost completely covered. If not, you may need a smaller cooler. Set the cooler, lid closed, in a cool place for 8 to 12 hours, turning the turkey over once, if possible. Insert a

thermometer into the brine periodically to make sure the temperature stays at 40°F or

Remove one of the oven racks and set the other in the next-to-the-lowest position, then preheat the oven to 500°F. Remove the turkey from the brine, rinse under cold water and

perfect to place in the turkey's cavity. Loosely pack your turkey with any combination of fresh herbs (for instance, thyme, rosemary, and sage); one onion, two celery stalks, and

pat dry with paper towels. Some people like to stuff their turkey, but this recipe says that stuffing is evil. The stuffing adds mass, so it slows the cooking. The longer the turkey cooks, the more dry it will be. Aromatic items such as fresh herbs, onions, and celery are

Place the turkey breast side up on a V-shaped rack set inside a large roasting pan. You can use two large disposable foil roasting pans and stack them together. If you don't have a V-shaped rack to set inside, you can make a foil snake. Just take some long pieces of foil and create a snake in the bottom of your pan by crinkling it and looping it into an oval-shaped spiral. This will hold the turkey up off the floor of the pan and prevent a soggy bottom.

Cut a piece of heavy-duty aluminum foil that when folded in half is big enough to cover the turkey's breast. Lay this onto the breast, shiny side up, and mold it into a breastplate (i.e., a triangular sheath that covers the breast meat completely). Remove the plate and spray non-stick cooking spray on the underside, then set aside. Now, rub a quarter of a stick of butter all into the turkey's skin. You can use gloves if you'd like, but make sure to

Time to get the turkey in the oven! Since the first step is about browning the breast, put the turkey in, neck-end first and breast up. Set the timer for half an hour then check to see if the breast is nicely browned. If not, return the turkey to the oven for another ten minutes. Remove the turkey and apply the breastplate. This will help reflect heat and

slow the cooking of the breast meat. That way, by the time the white meat hits the target temperature of 161°F, the dark meat should be around 180°F, which is ideal. Last but not least, if you have a digital probe thermometer, insert it directly through the foil and into the deepest part of the breast. These are wonderful to have since they connect to a couple feet of insulated wire, enabling you to keep your oven door closed and still check the turkey's temperature. Reduce the oven temperature to 350°F and return the turkey to the oven, breastplate securely in place. If you leave the oven door closed, an 18-pound turkey should be done cooking around 2 to 2 ½ hours after the oven temperature has been reduced. Do not baste the turkey! Basting does nothing for

the meat since the skin keeps the liquid out. All basting does is let heat out of the oven

Once 161°F has been attained in the breast (and 180°F in the thigh), take the turkey out of the oven and give it a rest. No matter what you do, do not skip this step. If you slice into the turkey right out of the oven, all the juice your worked so hard to get will run out all over the platter. Cover the turkey with aluminum foil and wait a half hour. Then carve

away and enjoy the most flavorful and juiciest turkey you'll ever taste!

2/3 cup sugar 2 cups of Morton's kosher salt 16 cups (128 ounces) of vegetable broth Fresh herbs – Thyme, Rosemary & Sage One onion Two celery stalks Two large carrots V-shaped rack (or foil snake) Two large disposable foil roasting pans Heavy-duty aluminum foil Stick of butter

rerything you always wanted to know about carving but were afraid to ask

Recipe by Bon Appétit magazine, Alton Brown

We Love our Veterans!

Thank you for your service

Ingredients:

Directions:

• ¼ cup butter

• 2 ½ cups elbow macaroni

• 1-pound shredded Cheddar cheese

• 1 sleeve butter round crackers, crushed

until mixture thickens slightly, about 5 minutes.

mixture evenly over the macaroni mixture.

your Case Manager how you can join today!

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appreciation to you all.

of it all.

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Step 1 – Preheat the oven to 350 degrees F (175 degrees C).

through, but is still firm to the bite, about 8 minutes. Drain well.

• ¼ cup all-purpose flour • ½ teaspoon salt • 4 cups milk

• 1/4 cup butter, melted

We recently had a Veterans Day Parade in our hometown of Terre Haute, IN. We were so thankful to be able to attend and show our appreciation. Even though it "Rained on our Parade," that didn't make a difference to us. We still showed up to support and honor our local Veterans. We hope everyone had a wonderful Veterans Day! **Recipe of the Month Baked Homemade Macaroni & Cheese**

Step 5 – Bake in the preheated oven until golden brown on top, about 45 minutes. (Inspired by Allrecipes.com)

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Step 2 – Fill a large pot with lightly salted water and bring to a boil over high heat. Stir the macaroni, and cook uncovered, stirring occasionally, until the pasta has cooked

Step 3 – Melt ¼ cup butter in a large saucepan over medium heat. Stir in flour and salt. Cook, stirring constantly, for 2 minutes. Whisk in milk and simmer, stirring frequently,

Step 4 - Turn off heat and stir in Cheddar cheese until the cheese is melted. Add the macaroni and stir to coat. Pour the mixture into a 9x13-inch baking dish. Mix the 1/4 remaining cup melted butter and crushed crackers together in a bowl; scatter the cracker

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My experience with this firm was excellent and could not ask for anything better than what I received. I would absolutely refer and use this firm again. If anyone has a problem with getting approved for your disability, there isn't a question I would go to them right

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