

Herbs and Other Flavorings

- Herbs to flavor squash or turkey = tarragon, rosemary, fennel
- Herbs to flavor stuffing = thyme, sage, walnuts, chestnuts or try our pre-made “bouquet garni” made with rosemary, thyme and sage.
- Other herbs to consider: mint, oregano, chives, marjoram and basil.

Root Vegetables

- Jewel sweet potatoes are great for roasting and baking. For added flavor, try roasting with parsnips, turnips, celeriac and rosemary.
- Garnet sweet potatoes are sweeter and darker than Jewels and are great for mashing.
- Best potatoes for mashing: Yukon, Chef, Yellow Finn, German Butterball
- Try mashing turnips, celeriac or parsnips with your potatoes for a savory change of taste
- Winter squash absorbs water readily so better to steam or roast than boil
- For hard-to-peel squash and pie pumpkins: cut in half, cut-side-down on baking sheet, scoop out insides.
- Try using maple syrup, cider or ginger jack as a flavoring for winter squash.



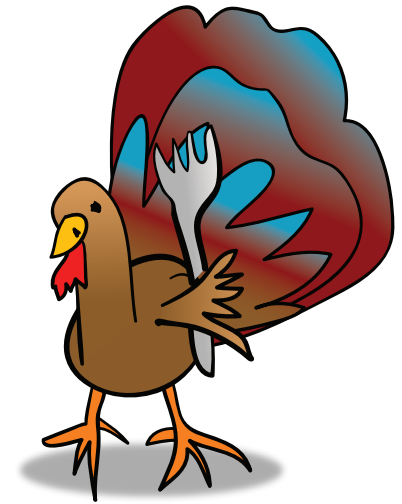
Turkey Soup

This Thanksgiving don't miss the chance to savor yet another meal from the day's plentiful food by making turkey soup. It's delicious and easily made with leftovers.

- 1 meaty turkey carcass
- 1 tablespoon apple cider vinegar
- Salt and freshly ground black pepper
- 2 medium onions, sliced
- 2 large carrots, sliced
- 2 celery ribs, sliced or ½ diced celeriac root
- ¼ cup brown or white rice
- 2 tablespoons chopped fresh parsley

Put turkey in a 5 or 6-quart pot and add enough cold water to cover by 3 inches (break up the bones, if necessary). Add vinegar and plenty of salt and pepper (to taste). Bring to a boil, skimming off any foam. Reduce heat and simmer gently, partially covered, for 3 to 4 hours, or as much time as allows. Allow broth to cool. Pour broth through a colander into a large bowl. Remove meat and add to broth and discard bones. Reheat, adding onions, carrots, celery, and rice and simmer until vegetables are tender and rice is cooked, about 30 minutes for brown rice or 20 minutes for white. Just before serving, test for seasoning and stir in chopped parsley.

Variation: For an Asian-style soup, add to the broth 1½ cups coconut milk, ¼ teaspoons dried chili flakes, 1 teaspoon grated ginger, and cilantro instead of parsley.



Talking Turkey

Need some turkey tips to get you started this holiday season? Use this guide to learn how to thaw, brine, and roast your turkey. We also include ideas on using local vegetables in your side dishes and a recipe for turkey soup!



Your Community-Owned Grocery Store
82 South Winooski Avenue
Downtown Burlington, VT 05401
(802) 861-9700 • www.CityMarket.coop

Turkey Thawing Instructions

To thaw turkey in the refrigerator (slow thaw):

Keep the turkey wrapped in its package and place it in a pan. Place in the refrigerator for approximately 24 hours for every five pounds. (Large turkeys should stand in the refrigerator a maximum of five days.) The giblets and neck, which are customarily packed in the neck and body cavities of turkeys, may be removed near the end of the thawing period. If desired, the giblets and neck may be refrigerated and reserved for use in the gibleet gravy.

To thaw turkey in cold water (fast thaw):

Make certain that the turkey is in a leak-proof package to prevent bacteria from being introduced onto food surfaces and to prevent poultry tissues from absorbing the water. Thaw for 30 minutes per pound of turkey, changing the cold water every 30 minutes. After thawing in cold water, the turkey should be cooked right away.

Brining (Optional)

Brining makes turkey meat extra moist and flavorful and can be done with any variety of turkey. The main benefit is that it's hard to overcook and dry out a turkey that has been brined.

- 1 cup kosher salt
- 1/2 cup light brown sugar
- 1 gallon vegetable stock
- 1 tablespoon black peppercorns
- 1/2 tablespoon allspice berries
- 1 gallon ice water

Combine all brine ingredients, except ice water, in a stockpot, and bring to a boil. Stir to dissolve solids, then remove from heat, cool to room temperature, and refrigerate until thoroughly chilled.

Early on the day of cooking (or late the night before), combine the brine and ice water in a clean 5-gallon bucket or cooler. Place thawed turkey breast side down in brine, cover, and refrigerate or set in cool area (like a basement or porch) for 6 hours. Turn turkey over once, halfway through brining.

Preparing the Turkey for Roasting

Make sure your turkey is completely thawed. Remove giblets and cook separately for gravy (optional). Rinse turkey well under cold water (whether you have brined it or not) and pat dry with a paper towel.

To season the turkey: If you have not brined the turkey, you will want to season it with salt and ground pepper. Sprinkle the inside with salt and pepper. Rub approximately 1/4 cup softened butter or olive oil over the turkey. Season the outside with two tablespoons each salt, pepper, and fresh or dried herbs of your choice (thyme, oregano, rosemary, sage, etc.) and/or garlic. If you have brined the turkey, omit the salt for seasoning, but you may still want to add ground pepper, herbs, and garlic.

To stuff the turkey: If you choose to stuff the turkey, fill the cavity loosely with stuffing (any extra stuffing can be baked separately in a baking dish). Or, simply cut large chunks of onions, celery, carrots, and apples and place inside to add more juices for the gravy. Stuffing will add a little extra time onto your roasting time.

Place the turkey on a roasting rack in a roasting pan. If you do not have a rack, place it on a layer of extra diced vegetables. You can also choose to add 1 cup of wine or cider to the bottom of the roasting pan for extra liquid for the gravy. Cover the turkey with aluminum foil, leaving some space around the edges.

Roasting the Turkey

Preheat the oven to 325 degrees F. Place roasting pan on a rack in the lowest position in the oven. Turkey should be cooked to an internal temperature of 165 degrees F, according to the United States Department of Agriculture. Refer to the timetable below for approximate length of time to cook your turkey. To check the temperature, insert a food thermometer in the innermost part of the thigh and wing and the thickest part of the breast. About 45 minutes before the turkey is done, take the aluminum foil off and baste with the pan juices. When the turkey is done, remove it from the oven, cover it back up with the aluminum foil and let it rest for 20 minutes to allow the juices to set. The turkey will carve more easily, too.

Turkey Roasting Timetable

(325 degrees F oven temperature)

Times are approximate.

Unstuffed

8 – 12 lbs	2 3/4 – 3 hours
12 – 14 lbs	3 – 3 3/4 hours
14 – 18 lbs	3 3/4 – 4 1/4 hours
18 – 20 lbs	4 1/4 – 4 1/2 hours
20 – 24 lbs	4 1/2 – 5 hours

Stuffed

8 – 12 lbs	3 – 3 1/2 hours
12 – 14 lbs	3 1/2 – 4 hours
14 – 18 lbs	4 – 4 1/4 hours
18 – 20 lbs	4 1/4 – 4 3/4 hours
20 – 24 lbs	4 3/4 – 5 1/4 hours

Tips for Cooking with Fresh and Local Produce this Thanksgiving

Common Conversions

Cranberries	1 pound	4 cups
Fennel	1 pound	3 cups sliced
Mushrooms	1 pound	6 cups sliced
Potatoes	1 pound	2 cups mashed or 3 cups sliced
Pumpkin	1 pound	1 cup

Apples

Best pie apples: Baldwin, Calville Blanc d'Hiver, Cortland, Greening's Rhode Island, Late Belle, Newtown Pippin, Northern Spy, Roxbury Russet

Cranberries

Boil in water with sugar until they pop and the surrounding liquid thickens. Try adding fresh ginger or citrus for extra zip. Cranberries make a great addition to apple pie and other baked goods.