

A Guide for Preparing

Roast Turkey Dinner





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PREPARING THE TURKEY & ROASTING GUIDE

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THE TURKEY!

Turkey has a lot going for it . . . it is low fat*, nutritious, versatile and delicious. Turkey can be enjoyed any day of the week and anytime of the year.

Turkey can be purchased fresh or frozen as the whole bird, or in parts such as wings, breasts, thighs or legs. It is also available in processed products such as burgers, wieners, sausages or bacon.

Fresh turkey, as with any meat product is perishable. In the danger zone between 40°F and 140°F bacteria can multiply rapidly. Since you can't see, smell or taste bacteria, the following tips will help ensure safe and enjoyable meals for your family.

*Roasted turkey, light meat only, contains 3 grams of fat per 90 gram serving. (Canadian Nutrient File)

THAW IT!

Never thaw a turkey at room temperature. Leave turkey in the original package and follow one of the following methods:

Refrigerator Method

Ideal, as it keeps the meat cold until it is completely defrosted Place turkey on tray in refrigerator
Allow 5 hours per pound (10 hours/kg)

Cold Water Method

In large container cover turkey completely with cold water Change water at least every hour
Allow 1 hour per pound (2 hours/kg)

NOTE: If purchasing a frozen, prestuffed turkey, DO NOT THAW!! Cook from frozen state and check product label for further instruction.

CLEAN IT!

Remove plastic wrap from thawed turkey.

Remove neck and giblets from body cavity.

Rinse turkey well inside and out with cold water. Thoroughly pat dry with paper towels.

Always wash hands thoroughly in hot soapy water before preparing foods and handling raw meat.



Do not let raw meat or juices touch ready-to-eat foods either in the refrigerator or during preparation.

Do not put cooked foods on the same plate that held raw product. Wash utensils, dishes and surfaces used for cutting turkey with hot, soapy water. Then rinse using a sanitizing solution of one capful of chlorine bleach in a sink full of warm water. Thoroughly rinse surfaces, dishes and utensils with hot water.

Keep cutting board and utensils in good repair as they can harbour bacteria inside cracks and crevices.

ROAST IT!

Follow these simple steps for a perfectly roasted whole turkey: Preheat oven 325°E.

If you wish to stuff your turkey, do so lightly and just before it goes into the oven-never stuff it the day/night before. Or, prepare stuffing separately in a covered bak-ing dish. Place in the oven during the last 1/2 hour of the roasting time.

Place clean turkey, breast up, on a rack in a shallow pan.

Insert oven-safe meat thermometer into the thickest part of the inner thigh just above and not touching the thigh bone.

Roast uncovered, or loosely covered with foil. If you choose to haste your turkey, limit the number of times you open and close your oven (once an hour).

Roast until thermometer reads 170°F for an unstuffed turkey or 180°F for a stuffed turkey. (Refer to chart for approximate roasting time).

Remove turkey when cooking is completed and let stand 15 to 20 minutes to allow the juices to set.

TIME IT!



Weight	Stuffed	Unstuffed
6-8 lbs. (3.0-3.5kg)	3 - 3 1/4 hrs.	2 1/2- 2 3/4 hrs.
8-10 lbs. (3.5-4.5kg)	3 1/4 - 3 1/2 hrs.	3 hrs.
10-12 lbs. (4.5-5.5kg)	3 1/2 - 3 3/4 hrs.	2 3/4- 3 hrs.
12-16 lbs. (5.5-7.0kg)	3 3/4 - 4 hrs.	3 - 3 1/4 hrs.
16-22 lbs. (7.0-10.0kg)	4 - 4 1/2 hrs.	3 1/4- 3 1/2 hrs.
		3 1/2 - 4 hrs.

*Roasting times are approximate.



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THE GLAZE AND STUFFING

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CRANBERRY GLAZE

1 1/2 cups cranberry sauce
or
14 oz can whole cranberry sauce
1/4 cup soy sauce
2 tbsp. lemon juice 1 tsp ground ginger
1/3 cup brown sugar 1 tsp dry mustard
1 clove garlic, minced

Method: Combine all the ingredients in a bowl and mix well together. If grilling, apply glaze mixture during the last 15 - 20 minutes. If oven roasting, apply during the last 30-45 minutes. This will cover one

ELLEN MAY'S STUFFING

(Ellen Porter, Delhaven, N.S.)

5-6 Potatoes
2 slices White Bread, cut in small pieces
3 strips Bacon
1/2 Cup Onion, finely chopped
1 tsp Salt
1 tbsp. Poultry seasoning
1 tbsp. Summer savory
1/2 tsp

Method: In medium sized cooking pot boil potatoes. When cooked mash, add bacon fat, and onion. Add egg, salt, pep-per and seasonings. Add bread. Mix thoroughly. Tip: Can be eaten as a side dish or for stuffing a whole turkey



APPETIZERS

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MUSSEL STUFFED MUSHROOM CAPS

(Aqua Prime Mussel Ranch Ltd.)

12 Cooked, shucked Nova Scotia
mussels
1 tbsp. butter or margarine
2 tbsp. lemon juice
12 large mushroom caps
3 slices of bacon, partially cooked
and cut into 1 inch pieces

Method: Saute mushroom caps in
butter and lemon juice for 3-5
minutes. On each mushroom cap,
place a piece of bacon and a mussel.
Pour remain-ing butter and lemon
juice mixture over the mussels.
Bake in preheated 450° F oven for
10 minutes. Serve hot.

ORANGE AND SPICE TURKEY MORCELS

A wonderfully festive appetizer!

1 lb. ground turkey
1/2 cup dry bread crumbs
1/4 cup milk
1 clove garlic, minced
2 green onions, minced
1/2 tsp. cinnamon
1/4 tsp. salt
dash pepper
2 tbsp. vegetable oil

Sauce:

10 oz. tin mandarin oranges
2 tbsp. cornstarch
1/4 tsp. cinnamon
1/4 salt

Method: Break up ground tur-
key into the bottom of a medi-
um bowl. Add breadcrumbs,
milk, garlic, onions, cin-namon,
salt and pepper. Stir in gently
but thoroughly. Form into 30
small balls. Heat oil in fry pan
and brown turkey balls until
cooked through and golden
brown about 5 to 7 minutes.

Meanwhile, prepare the sauce:
Drain oranges retaining the juice.
In a small pan, mix juice with
cornstarch and then heat over
medium heat until thickened.
Place turkey balls in a serving
dish, gently spoon oranges over
top of turkey balls; pour over
sauce and bake for 10 minutes at
350°F, until heated through.
Serve with tooth-picks.



BRANDIED TURKEY PATE

1 tbsp. vegetable oil
2 medium onions
1 clove garlic
1 lb. dark turkey meat
1 cup fresh mushrooms
1/2 cup non-fat mayonnaise
2 tbsp. brandy extract
1/2 tsp. salt
1/2 tsp. ground nutmeg
1/2 tsp. ground allspice
1/2 tsp. ground cloves
pepper, dash

Method: In a large fry pan, saute onions and garlic in vegetable oil over medium heat until softened. Chop turkey meat and fry until done, about 5 minutes. Add sliced mushrooms, cool 5 minutes longer. Spoon all ingredients, except almonds. Blend until smooth. Spoon into serving dish and chill thoroughly. Garnish with toasted almonds. Makes 3 cups pate.

Serve with crisp bread, crackers, apple or

TURKEY CHEESEBALL

A taste-tempting appetizer!

2 cups chopped, cooked dark turkey meat
1/3 cup chopped walnuts or hazelnuts
1/4 cup onion soup mix
1/2 tsp. garlic powder
1/2 tsp. tarragon
1/2 tsp. freshly ground pepper
1/4 tsp. thyme
1 pkg. cream cheese.
1/4 cup non-fat mayonnaise
1/4 cup sherry or port wine
1/3 cup fresh chopped parsley
dash Tabasco sauce

Method: Blend turkey with nuts and seasoning. Blend cream cheese with remaining ingredients. Combine both mixtures with help of a spatula. Place on waxed paper and refrigerate 1-2 hours. When firm, shape into a ball and roll in more chopped parsley and nuts if desired. Serve with various crackers and apple wedges.

Servings: Enough for 6- 8 guests



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TURKEY TACO DIP

(Created by Sonya D. Lorette, Canning, N.S.)

1 pkg. light cream cheese
1 container light sour cream
1/2 pkg. Spicy Taco seasoning
3/4 cup Salsa Sauce
1/4 cup water
1 lb. ground turkey
1 tbsp. canola oil
1/8 tsp. cumin
1/8 tsp. onion powder
1/8 tsp. garlic powder
1 tsp. salt

Fry ground turkey with spices. Mix taco seasoning with water; add to fry pan and cook until done.

Cream Philadelphia Cream Cheese and sour cream until smooth. Spread in dish, and top with salsa. Spread ground turkey mixture over top, and garnish with salsa.



VEGETABLES

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POTATOES

Potatoes 9 large - Wash thoroughly, with a vegetable brush in water. A mild, organic cleaner can be used to ensure potatoes are well cleaned. Rinse thoroughly and pare with a vegetable peeler or knife. Place in a pot. Add 1 teaspoon of salt and hot water. Bring to a boil, being careful not to let them boil over or boil dry. Try to keep the temperature at a gentle boil. Potatoes will take approximately 20 minutes to cook. When they can be easily pierced with a fork, they are done. Drain off the water and mash or whip adding salt, pepper, butter and milk to taste.

TURNIP

Turnip 1 medium size - Wash thoroughly, with a vegetable brush in water. A mild, organic cleaner can be used to ensure turnip is well cleaned. Rinse thoroughly and pare with a knife or vegetable peeler. Slice in wedges or cut in cubes and place in a pot. Add a 1 teaspoon of salt and hot water. Bring to a boil, being careful not to boil over or boil dry. Try to keep the temperature at a gentle boil approximately 20 to 25 minutes. Check for doneness and drain. Mash. Sometimes turnip can have a strong, bitter taste. If that is the case, add a small, cooked potato when mashing and a teaspoon of sugar.

CARROTS

Carrots 1 lb. - Wash carrots thoroughly, with a vegetable brush in water. A mild, organic cleaner can be used to ensure vegetables are well cleaned. Rinse thoroughly and pare using a vegetable peeler. Place in a pot whole or slice in coins and add salt and hot water. Bring to a boil, being careful not to let them boil over or boil dry. Try to keep the temperature at a gentle boil. Carrots will take approximately 20 to 25 minutes to cook depending on whether they are cooked whole or sliced. When they can be easily pierced with a fork, they are done. Drain off the water and mash whole carrots or serve as coin shaped. Add salt, pepper, and butter to taste.

1 lb baby carrots
1/4 cup white sugar
1/4 cup oil
1/2 can condensed tomato soup
1/2 tsp. dried mustard
1 tbsp. Worcestershire sauce

Cook carrots until 3/4 cooked. Cool, cut up and put in casserole dish. Mix together sugar, oil, soup, dried mustard and Worcestershire sauce and pour over carrots. Cook at 350°F until mixture has bubbled and is hot.



STEAM-IT SQUASH

(Submitted by Lillian Catherwood Nova-Agri Associates)

INGREDIENTS:

1/2 cup nonfat chicken
broth 1 lb. Yellow squash,
cut into 1/2 inch
chunks 1 lb. Zucchini,
cut into 1/2 inch chunks
1/2 cup chopped green on-
ion pepper to taste
Mrs. Dash seasoning to
taste 1 tsp. dry butter buds

Method: Pour chicken broth into
skillet and bring to a boil over high
heat. Add squash and zucchini,
cover and simmer over medium
heat 3 to 4 minutes until cooked
through. Add green onion and
cook, stirring frequently, over high
heat until liquid evaporates. Using a
slotted spoon, transfer squash
mixture to serving platter. Sprinkle
with pepper, Mrs. Dash seasoning,
and butter buds; toss until mixed.

Serves 4

Note: Yellow squash and zucchini
are low in sodium and fat, good food
sources for controlling blood
pressure and weight.



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DESSERTS

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Recipes from the collection of Lavinia's Olde English Delights!

LAVINIA'S CRANBERRY CHRISTMAS PUDDING

3/4 cup	granulated sugar
3 Tbsp.	brandy
4 tsp	orange rind
1 Tbsp.	orange juice
2 cups	cranberries
1/2 cup	golden raisins
1-1/4 cups	flour (all purpose)
2 tsp	nutmeg
1/2 tsp	salt
1/2 cup	ground almonds
1/3 cup	softened butter
2	eggs
1/4 cup	milk

This pudding can be made a day ahead and reheated in the microwave. It is lighter than the traditional pudding.

Method:

In bowl, combine 1/3 cup of the sugar, brandy, orange rind and juice; mix in cranberries and raisins. Let stand, stirring occasionally, for 2 hours. Butter 6 cup deep ovenproof pudding bowl; sprinkle bottom with 1 Tbsp. of the remaining sugar. Set aside.

In a small bowl, sift together flour, baking powder, nutmeg and salt; stir in almonds. In separate bowl, beat butter with remaining sugar until fluffy. Beat in eggs, one at a time. Combine milk with vanilla; stir into butter mixture alternately with flour mixture; making 3 additions of dry and 2 of liquid.

Spoon 1/2 cup of the cranberry mixture into prepared pudding bowl, stir remaining cranberry mixture into batter and turn into pudding bowl. Place on pie plate and BAKE in 350°F oven for 60 to 75 minutes or until cake tester inserted into center comes out clean. Let cool in bowl on rack for 10 minutes. (Pudding can be cooled completely, covered and refrigerated for up to 1 day. Invert onto microwavable serving plate and microwave at medium-high 70 for 7 to 9 minutes or until heated through.) Run spatula around edge of pudding; unmold onto serving plate.

GLAZE:

1 Tbsp. brandy
1 Tbsp. corn syrup



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LAVINIA'S SYLLABUB SAUCE

1/3 cup granulated sugar
2 tsp. finely grated orange rind
3 tbsp. brandy or sherry
2 tbsp. orange juice
1 cup whipping cream

Method:
In a deep bowl, mash sugar with grated orange rind, stir in 2 Tbsp. of the brandy and orange juice; refrigerate until chilled. Stir in whipping cream. Beat at medium speed just until mixture mounds slightly on spoon; fold in remaining brandy. Re-

APPLE PIE

Submitted by Daphne Kennickell

Filling:

6 cups pared apples
2/3 cup sugar
1/8 tsp. salt
1/4 tsp. nutmeg
1/4 tsp. cinnamon
1 tsp. lemon juice
2 tsp. butter or margarine

Mix sugar, salt, nutmeg, cinnamon and lemon juice. Sprinkle over apples and dot with butter or margarine.

Pastry:

1 tsp. salt
1 lb. shortening
6 cups flour
1 tbsp. vinegar in a cup and fill cup with water
1 egg beat and add to water & vinegar mixture

Makes enough pastry for two or three pies. Refrigerate unused pastry.



LEFTOVERS

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HOMEMADE THICK CHUNKY TURKEY SOUP

1 turkey rack
1/2 pkg. Soup mix*
1 chicken bouillon cube
1 onion bouillon cube
1/4 cup either: dried
barley, split green peas or
lentils
1/2 cup tiny noodles, any
kind 1 tbsp. minced onion
Optional
Diced carrots, potatoes,

*Soup mix refers to a combination
of dried legumes, lentils, rice and
noodles you can buy prepackaged
in any store.

Cover rack with water in large
pot and simmer for 3-4 hours.
Drain rack in colander, saving the
strained broth, and allow to cool.
Remove meat from rack and add
to broth. Add soup mix, bouillon
cubes and rest of dried vegetables
or lentils. Simmer 1 1/2 hours
stirring occasionally. Add tiny
noodles and minced onion.

Optional

If you are going to add vegetables,
do this now. Simmer until
vegetables are cooked. Fifteen
minutes before serving add cubed
turkey if there was not enough
meat on the rack. If soup is too

CRUNCHY TURKEY AND CRANBERRY PIE

1 - 9in. deep pastry pie
shell
1 tbsp. Dijon mustard
1 cup shredded Swiss cheese
1 cup shredded Cheddar cheese
1 tbsp. butter or margarine
1 medium onion, chopped
1 stalk celery, chopped
1/4 slivered almonds
1 1/2 cups diced cooked turkey
or
ham flavored turkey
1 cup whole cranberry sauce
3/4 cup 2 % evaporated milk

Pre-bake pastry shell, if desired for 5
to 7 minutes at 400° F for 15 minutes,
then lower to 375° F and continue
cooking 25 to 30 minutes or until set.
Cover edges with foil, if necessary, to
prevent excessive browning during the
last 10 to 15 minutes. Let stand 10
minutes before serving. Serve with
colorful coleslaw. Yield: 5 servings.



THE WINE

**Blomidon Ridge
Estate Winery
10318 Highway 221
Canning
592-7565**



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