

City Market's Turkey Broth

Available at the Co-op!

Yield: 3 quarts

Ingredients:

- 4 lbs turkey wings or bones
- 1 large onion, diced
- 3 carrots, diced
- 2 stalks celery, diced
- 3 bay leaves
- 2 Tbsp whole black pepper
- 1 bunch fresh thyme
- 1 bunch fresh winter savory
- ½ bunch fresh parsley
- 3 qts water plus 1 cup

Instructions:

1. Preheat oven to 400° F.
2. Spread turkey wings on roasting pan and roast, turning with tongs every 15 minutes until golden/dark brown, about 45 minutes. Add 1 cup of water for the last five minutes.
3. Remove wings from the oven and transfer to a bowl. Scrape roasting pan to remove any pieces of browned turkey, add this and remaining liquid on the pan to the bowl with turkey wings
4. Meanwhile, in large stock pot over medium heat, add oil. Add onion, carrot, and celery and sauté, stirring occasionally until soft, about 5 minutes. Add wings and pan juices, then reduce heat to low.
5. Add 3 quarts water, or enough to cover ingredients by at least 1 inch.
6. Bring stock to a boil, skimming any foam that should surface. Add parsley, thyme, savory, peppercorns, and bay leaf. Reduce to a simmer. Simmer turkey broth for 3 to 4 hours.
7. Strain broth through a fine sieve and cool. Remove any yellow fat that should rise to the top (This step is easiest if you refrigerate overnight).

City Market's Turkey Gravy

Available at the Co-op!

Yield: 1.5 quarts

Ingredients:

- 1 qt turkey stock/broth (*see recipe*)
- 1 each turkey neck and giblets
- 3 oz unsalted butter
- ¼ cup + 2 Tbsp flour
- 1 Tbsp fresh thyme
- 1 Tbsp dried sage
- 2 sprigs fresh winter savory
- 2 sprigs fresh rosemary
- ½ tsp ground white pepper

Instructions:

1. In a stock pot, bring turkey broth, neck and giblets to a boil. Tie the savory and rosemary and add it to the broth. Simmer for 30 minutes.
2. In a medium sauce pan, melt butter. When butter is melted, whisk flour into butter. This is the roux. Cook for 3 minutes, stirring constantly.
3. Add roux to stock in stages, whisking well so there are no lumps. Simmer for at least 10 minutes. Adjust the thickness of the gravy by adding more or less roux.
4. Add herbs and season to taste. Also add any drippings from the cooked turkey you may have. Strain before serving.

This can be made ahead of time and warmed with pan drippings before dinner.



General Roasting Timetable

325° F oven temperature. Times are approximate.

Unstuffed	
8 - 12 lbs	2 ¾ - 3 hours
12 - 14 lbs	3 - 3 ¾ hours
14 - 18 lbs	3 ¾ - 4 ¼ hours
18 - 20 lbs	4 ¼ - 4 ½ hours
20 - 24 lbs	4 ½ - 5 hours
Stuffed	
8 - 12 lbs	3 - 3 ½ hours
12 - 14 lbs	3 ½ - 4 hours
14 - 18 lbs	4 - 4 ¼ hours
18 - 20 lbs	4 ¼ - 4 ¾ hours
20 - 24 lbs	4 ¾ - 5 ¼ hours



Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End

www.citymarket.coop

Thanksgiving Meal Guide



Let's Talk Turkey

Holiday meal planning can be a daunting task, but it doesn't have to be! In this guide, you'll find tips and tricks on roasting the perfect turkey, recipes for homemade stock, brine, and broth, and dishes to round out the holiday table.

Turkey Tips from our Executive Chef

With all of the information out there, it can be hard to decide on your best course of action when prepping the big bird. Our Executive Chef, Michael Clauss, keeps it simple with these basic tips.

Choosing a size - When planning your meal, keep in mind that you're looking for about 1.5 lbs of turkey per person. For example, if you're hosting a group of 10, you'll want to get a 15 lb bird.

Cutting the bird - To maximize yield, make sure your carving knife is extra sharp. Electric carving knives work well too.

Tying - If you are tying your own bird, make sure not to tie it too tight – this can extend the cooking time and have an effect on keeping the bird moist.

Adding flavor - Adding (local) apples to the cavity or roasting pan can give your turkey an extra sweet and seasonal flavor profile.

Brining - Brining is a great way to achieve a moist turkey on Thanksgiving Day. Infusing fresh herbs and spices into the brine allows the turkey to take on a subtle aromatic flavor. See our brine recipe for details.

Thawing a Frozen Bird

To thaw in the refrigerator: Keep the turkey wrapped and place it in a pan. Let it stand in the refrigerator **24 hours for every 4 pounds of turkey**. The giblets and the neck may be removed from the bird near the end of the thawing period. If you're interested in using the giblets and neck for gravy, refrigerate until you are ready to use.

To thaw in cold water: Make sure the turkey is packaged in a leak proof bag to prevent bacteria from being introduced from the surrounding environment and so the turkey does not absorb any water. Change the cold water every 30 minutes. **Approximately 30 minutes per pound of turkey is required to thaw.** After thawing, cook immediately.

Roasting Your Turkey

Ingredients:

- Whole turkey, thawed
- 1 qt turkey stock or more as needed
- 1 large onion, diced
- 2 carrots, diced
- 2 cloves garlic, peeled
- 2 bay leaves
- ½ lb unsalted butter, melted

For the cavity (if you're not stuffing):

- 2 carrots, diced
- 1 large onion, diced
- 2 cloves garlic, peeled
- 4 sprigs fresh thyme

Instructions:

1. Remove any giblets from the cavity and reserve for the gravy. Submerge turkey into already prepared brine bucket with bag (see brine recipe). Brine for 8 to 12 hours. Refrigerate.
2. Remove turkey from brine and pat dry with paper towels. Place turkey, uncovered, on a baking sheet. Return to the refrigerator for 4 to 6 hours to dry out the skin (this step is optional, but does help the bird achieve a crispier skin).

3. When you are ready to cook the turkey, remove it from the refrigerator and allow it to come to room temperature for one hour.
4. Heat oven to 425° F. In the bottom of a large roasting pan, add the turkey stock to fill the pan to a ½ inch depth. Add the onions, carrots, garlic cloves, and bay leaves to the pan.
5. Add the dressing/stuffing into the cavity. If you are choosing not to stuff, add onions, garlic cloves, and thyme into the cavity.
6. Place turkey (breast side up) on a roasting rack set inside the roasting pan. Brush the turkey skin generously with melted butter, transfer roasting pan to the oven and roast for 25 minutes. Reduce oven temperature to 325° F and continue. If turkey starts to get too brown, loosely cover breast with aluminum foil.
7. Roast turkey until an instant-read thermometer inserted into the thigh reaches an internal temperature of 165° F. See *Roasting Timetable* on back. Juices should be clear. Let rest in pan for 30 to 45 minutes, covered. Transfer turkey to a cutting board and carve.

City Market's Turkey Brine

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Yield: up to 22 lb bird

Ingredients:

- 1 ¼ cups kosher salt
- ¼ cup sugar
- 2 Tbsp whole black peppercorn
- 2 Tbsp coriander
- 1 Tbsp fennel seed
- 1 Tbsp dried savory
- 1 Tbsp dried rosemary
- 1 Tbsp dried thyme
- 2 Tbsp dried onion flake
- 2 bay leaves
- 7 qts water

Instructions:

1. In a stock pot, bring 1 quart of water, salt, sugar and bay leaves to a simmer. Stir until salt and sugar have fully dissolved. Let cool for 10 minutes.
2. Line a 5-gallon container with a brining bag. Place the turkey in the bag.
3. Add cooled mixture and 6 quarts of cold water to the bag and tie the bag if you wish. If turkey is not submerged, weigh it down with a small plate. Refrigerate for 8 to 12 hours.

For a nice touch: Add 2 cloves of fresh garlic, two sprigs of fresh thyme and fresh rosemary to step 1.

Whipped Sweet Potato with Mini Marshmallow

Yield: 10-12 servings

Ingredients:

- 5 lbs sweet potatoes, washed
- 1 cup heavy cream
- 4 oz unsalted butter
- 1 tsp ground allspice
- 8 oz mini marshmallows
- Salt and pepper to taste

Instructions:

1. Pre-heat oven to 350° F.
2. Roast sweet potatoes (skin on) on baking sheet until fork-tender (around 30-40 minutes). Cool to touch and peel.
3. In a sauce pot, heat cream and butter.
4. Transfer potatoes to a mixer. Mix potatoes, heavy cream, allspice, and butter until smooth. Season with salt and pepper.
5. Transfer potatoes to a baking dish and top with mini marshmallows.
6. Set oven to broil.
7. Place baking dish back in the oven to melt marshmallows until golden brown. *Enjoy!*