



the ultimate guide to
THANKSGIVING
our favourite turkey recipes

helpful
TIPS

insider
RECIPES

valuable
HOW TO'S



TASTY. NUTRITIOUS. VERSATILE.



SERVES: 8-12

PREP TIME: 60 MINS

COOK TIME: 4.5 HRS

THANKSGIVING TURKEY

with fig & walnut dressing

Ingredients:

For turkey:

- 1 whole turkey, 12-14 lbs.
- 3 tbsp. olive oil
- 1 cup white wine
- 1 cup turkey broth
- 2 tsp. sweet paprika
- 1 tsp. each ground rosemary and thyme
- Salt and pepper to taste

For stuffing:

- 3 cups cubed crusty bread, dried out overnight
- 3/4 cup rolled oats
- 1 tsp. olive oil
- 1/2 cup each diced onion and celery
- 1/2 cup white wine
- 1 cup turkey broth
- 2 eggs, beaten
- 2 sprigs fresh rosemary, finely chopped
- 3/4 cup walnuts, toasted and chopped
- 3/4 cup dried figs, chopped
- Salt and pepper to taste

Directions:

Prepare Turkey:

1. Make sure the turkey is thawed and the giblets and neck have been removed.
2. Preheat your oven to 350°F (177°C).
3. Prepare your stuffing and set aside.
4. Pat the turkey dry with paper towels.
5. Rub the turkey with olive oil, salt, pepper and dried herbs, inside and out.
6. Stuff the cavity loosely with stuffing.
7. Place the turkey into a roasting pan. Add the wine and the broth.
8. Roast the turkey for 3 3/4 - 4 1/2 hours, until the juices run clear and an instant thermometer reads 180°F (82°C) in the thickest part of the thigh.
9. Once cooked, remove the turkey from the oven and let it rest for at least 20 minutes before carving.

NOTE: Cooking times are for planning purposes only - always use a digital meat thermometer to determine doneness.

To Prepare Stuffing:

1. Heat olive oil over medium heat in a frying pan.
2. Sauté onions and celery until cooked through and browned, 8-12 minutes. Deglaze with white wine and cook an additional 3-5 minutes. Set aside to cool.
3. Add beaten eggs to broth.
4. Combine all ingredients in a bowl and mix to combine.
5. Season with salt and pepper to taste.

TIP: Double the stuffing you make and freeze your extra portion. You can cook it on it's own and serve it with any leftover turkey.



SERVES: 8-12

PREP TIME: 60 MINS

COOK TIME: 3.25 HRS

apple, sage and shallot STUFFED HOLIDAY TURKEY

Ingredients

For turkey:

- 1 whole turkey, 12-14 lbs.
- 3 tbsp. vegetable oil
- 1 cup turkey broth
- 1 tsp. ground sage
- Salt and pepper to taste
- 2 pieces celery
- 1 large onion
- 2 carrots

For stuffing:

- 6 - 8 large shallots, sliced in half
- 1 large bunch fresh sage
- 1 tsp. ground sage
- 3 medium apples, quartered
- 2 tbsp. vegetable oil
- Salt and pepper to taste

Directions

1. Make sure the turkey is thawed and the giblets and neck have been removed.
2. Preheat your oven to 350°F (177°C).
3. Pat the turkey dry with paper towels.
4. Rub the outside of the turkey with oil, salt, pepper and sage.
5. Rub the inside with oil, salt, pepper and ground sage.
6. Stuff the cavity loosely with the sage, apple pieces and shallots.
7. Roughly chop the onions, carrots and celery. Place in the roasting pan.
8. Add the turkey to the roasting pan and set over the vegetables. Add the broth.
9. Roast the turkey for 3 3/4 - 4 1/2 hours, until the juices run clear and an instant thermometer reads 180°F (82°C) in the thickest part of the thigh.
10. Once cooked, remove the turkey from the oven and let it rest for at least 20 minutes before carving.

NOTE: Cooking times are for planning purposes only - always use a digital meat thermometer to determine doneness.

TIP: Blend 1 cup of the vegetable mixture plus your pan drippings to make a base for your gravy. The roasted vegetables will add extra flavor and body.



SERVES: 8-12

PREP TIME: 60 MINS

COOK TIME: 4 HRS

maple-thyme ROAST TURKEY

Ingredients

For turkey:

- 1 whole turkey, 12-14 lbs.
- 4 tbsp. olive oil
- 1 cup white wine
- 1 cup turkey broth
- 2 tsp. each ground thyme, sage and oregano
- 1 tbsp. ground sweet paprika
- 3 sprigs fresh rosemary
- 1 small bunch fresh thyme
- 1 large onion, roughly chopped
- 3 carrots, roughly chopped
- 3 stalks celery, roughly chopped
- 4 cloves garlic, roughly chopped
- Salt and pepper to taste

For glaze:

- 1 cup maple syrup
- 2 tbsps. butter
- Pinch of salt and pepper
- 2 sprigs fresh rosemary

Directions

Prepare Turkey:

1. Make sure the turkey is thawed and the giblets and neck have been removed.
2. Preheat your oven to 350°F.
3. Pat the turkey dry with paper towels.
4. Rub the turkey with olive oil, inside and out.
5. Stuff cavity with chopped celery, carrots and onions.
6. Combine all spices to make a rub. Sprinkle generously onto the bird, inside and out.
7. Place the turkey in your roasting pan. Add the wine and the broth.
8. Roast the turkey for 3 3/4 - 4 1/2 hours, until the juices run clear and an instant thermometer reads 180°F(82 °C) in the thigh.
9. Baste the turkey generously in the last hour of cooking, every 20 minutes. Re-apply in the last five minutes of cooking.
10. Once cooked, remove the turkey from the oven and let it rest for at least 20 minutes before carving.

NOTE: Cooking times are for planning purposes only – always use a digital meat thermometer to determine doneness.

Prepare Glaze While Turkey is Cooking:

1. Combine all ingredients in a small saucepan.
2. Bring to a boil and then lower to a simmer for 30 - 45 minutes until syrup has reduced to about half and the glaze is thick and syrupy. Remove fresh rosemary stems and discard.

TIP: Experiment with different herbs and spices in your Maple Glaze. Substitute rosemary with other fresh herbs like parsley, thyme and oregano or add some spices like Cajun or Cayenne.



SERVES: 6-8

PREP TIME: 15 MINS

COOK TIME: 60 MINS

super easy ROAST TURKEY DINNER

Ingredients

For turkey:

- 2 X 3 lb turkey breast roast
- 2 drumsticks
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 cup white wine (or turkey broth if you prefer)
- 2 large heads of garlic
- 6 sprigs fresh rosemary

Directions

1. Preheat your oven to 350°F (177°C).
2. Rub the turkey with olive oil.
3. Season with salt and pepper to taste.
4. Place the turkey into your roasting pan. Add the wine or turkey broth.
5. Cut the heads of garlic in half. Add to the pan. Add rosemary sprigs.
6. Roast for 45 - 60 minutes until the juices run clear and an instant thermometer reads 165°F (74°C) in the thickest part of the breast. Drumsticks will be cooked up to 15-20 minutes sooner, remove when ready and an instant thermometer reads 165°F (74°C).
7. Remove the turkey from the oven and let the breast rest for 20 minutes before carving.
8. Squeeze cooked garlic cloves out of casing. Mash into pan juices. Heat gently and add flour, if necessary, to thicken to create a gravy.

TIP: You can easily customize this recipe to your guests' likes and preferences. Increase the breast meat if guests prefer white meat or increase drumsticks or add thighs if more desire dark meat instead. White or dark meat, turkey is still super lean.



SERVES: 4-6

PREP TIME: 45 MINS

COOK TIME: 1 1/4 HRS

sundried tomato & greens **STUFFED TURKEY BREAST ROAST**

Ingredients

- 3-4 lbs. large boneless Canadian turkey breast
- 1 tsp. olive oil
- 1 cup panko breadcrumbs
- 2 heads rapini
- 12-15 sundried tomatoes, diced
- 3 garlic cloves, sliced thinly
- 2 eggs, beaten
- 3 tbsp. Parmesan cheese
- 1/2 cup toasted pine nuts
- 1/2 cup white wine
- 1/2 tsp. each ground rosemary, sage and thyme
- Salt and pepper to taste

Directions

1. Wash the rapini and trim the stems.
2. Heat a large pot of salted water until boiling. Add the rapini and boil for 5 minutes until they are tender and cooked through. Drain and set aside to cool. Once the rapini have cooled, chop roughly.
3. Butterfly the turkey breast. To butterfly, turn the turkey breast over, skin side down and lay it flat on your cutting board. Using a sharp knife, position it parallel to the meat. Cut through the thickest part of the breast along the full length of the breast but not all the way through, leaving about 3/4 of an inch intact. Unfold so the meat opens like a book. Cover with plastic wrap and pound any thick areas with a meat mallet until the breast is fairly even in thickness.
4. Season the turkey breast with salt and pepper to taste. Sprinkle with herbs.
5. Heat olive oil in a non-stick fry pan over medium heat. Add rapini, salt and pepper to taste and garlic. Sauté for 2 - 4 minutes. Remove from heat and let cool.
6. To make the stuffing, add sundried tomatoes, rapini, panko, pine nuts, parmesan cheese and eggs to a bowl and mix to combine.
7. Spread stuffing mixture evenly across turkey breast. Roll up into a roast and tie with butchers twine to secure.
8. Place roast and wine in a roasting pan. Roast in the oven at 350°F for 1 hr. - 1 1/4 hr. until the roast is cooked through and a meat thermometer reads 165°F (74°C).
9. Rest for 20 minutes before slicing and serving.

TIP: You can substitute any of your favourite greens for rapini in this recipe. Try using spinach or Swiss chard if you have these on hand. Leftover roast makes a great sandwich for lunch the next day. Take a piece of roast and some sliced tomatoes and serve in a bun.

PRO TURKEY TIPS



1.

For an easy way to ensure extra-crispy skin, unwrap your turkey the day before you are planning to cook it and leave it in the fridge overnight. The extra drying time will add the perfect crispness to your turkey.

2.

Make sure you use a good quality meat thermometer to ensure you cook your turkey to the perfect doneness without overcooking. Test your thermometer a few days ahead of time to make sure it is working properly.

3.

Consider cooking your turkey in parts – breasts, thighs and drums for a quicker, foolproof way to get the meat cooked perfectly.

4.

Get a head start on your meal! You can prep all of your staples like onions, celery and carrots up to 3 days beforehand. Dice and store in storage bags. Green beans, squash and salad greens can be washed, trimmed, and chopped beforehand.

5.

For a large, crowd consider serving a buffet-style meal. Spread your dishes out in the kitchen or dining room and let people self-serve and mingle while they eat for an easier-to-serve, fun meal with a casual feel.

A roasted turkey is the central focus, resting on a rustic wooden cutting board. The turkey's skin is a rich, golden-brown color, indicating it is perfectly cooked. Fresh green herbs, including what appears to be thyme and sage, are scattered around the turkey, adding a touch of freshness to the scene. The background is a warm, textured wood grain.

PRO TURKEY TIPS

6.

To cut down on cooking time, cook your stuffing on the side. This way you can get more of your favourite crunchy bits while cutting down on cooking time in the oven.

7.

Plan ahead and make a 'smart' shopping list. Organize it by staples you can buy in advance and perishables you need to buy a few days before, then organize according to sections of the grocery store. This will make grocery shopping a breeze and save you precious time.

8.

Look for make-ahead sides that you can make a day or two beforehand and taste delicious re-heated. Bookmark a website with delicious and reliable turkey recipes and resources, like canadianturkey.ca, so you're ready for the big day!

9.

To plan for leftovers, order a turkey that is several pounds bigger than what you need. Extra turkey can be stored and frozen to use for quick and easy meals later on.

10.

Leftover turkey freezes well. Store in an airtight container in the freezer for a quick start to a weekday meal. Visit www.canadianturkey.ca for recipe inspiration and make salads, soups, pastas or casseroles in a snap!