

Slow-Roasted Turkey with Herb Butter

½ cup butter or ghee
(softened)
¼ cup chopped fresh
thyme
¼ cup chopped fresh
sage
1 pasture-raised
turkey (about 16 to 18
lbs, giblets removed
and reserved for
another purpose)
2 large yellow onions
(quartered)
2 large lemons
(quartered)
1 ½ cups white wine

1. Preheat oven to 225 degrees Fahrenheit.

 2. Rinse the turkey and pat it dry. With a butter knife, loosen the skin of the turkey from the flesh of the breast. Spread the herb butter between the skin and the meat of the turkey breast, and place the seasoned turkey. Place quartered onion in the baking dish alongside the turkey breast. Season with unrefined sea salt and freshly ground black pepper as it suits you.

 3. Stuff the turkey's cavity with lemons, onions and any additional herbs of your choice. Pour wine into the pan.

 4. Truss the turkey and slow roast for approximately twelve hours, tented with parchment paper or foil. Baste every 2 to 3 hours. Increase the heat to 375 degrees and continue roasting for one and one-half hours or until the skin is a rich brown and the meat has reached an internal temperature of at least 185 F. Allow the turkey to rest for 30 minutes prior to carving.
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Source: Nourished Kitchen | (Servings: 12)

Gravy

- 1.** Deglaze pan drippings with water.

- 2.** Add an egg yoke as a milk substitute and butternut squash for the flour substitute.

- 3.** Blend it together with a stick blender until smooth.

Source: Paleo Hacks | (Servings: --)

Cranberry Sauce

2 ¼ pounds fresh cranberries
1 ½ cups of 100% pure apple juice (no added sugars)
1 ½ large navel orange, washed
15 dried black mission figs, very finely chopped (make sure you cut the stems off)
A dash or two of each: nutmeg, allspice, ground cloves

1. Place the cranberries, apple juice, figs, spices, and ½ cup of water into a covered saucepan on medium heat.

2. Bring the mixture to a low boil for 10 minutes (until the cranberries “pop”), and turn down to low heat. Simmer (still covered) for 15-20 minutes, stirring occasionally.

3. Squeeze the juice from the orange into the sauce, and finely grate the orange zest (use the whole orange peel!) into the saucepan.

4. Keep on low heat (simmer) for another 15 minutes. Store in airtight container in fridge until ready to use. Serve cold for the best flavor.

Source: Whole9 Life | (Servings: 18)

Stuffing

1 lb. ground pork
2 teaspoons fresh sage leaves, freshly chopped
1 teaspoon fresh thyme, chopped
¼ teaspoon fresh rosemary, finely chopped
¼ teaspoon cayenne pepper
¼ teaspoon crushed red pepper flakes
2 tablespoons coconut or olive oil
3 cups celery, chopped
2 cups onion, chopped
3 granny smith apples, cored and chopped
1 lb. mushrooms, chopped
1-2 tablespoons poultry seasoning
Salt and pepper to taste
2 eggs
¼ cup turkey stock or drippings from turkey

1. Preheat oven to 350 degrees.

2. In a large skillet, brown pork along with sage, thyme, rosemary, cayenne pepper and red pepper flakes. Mix well and remove to bowl when cooked through.

3. In the same skillet, heat oil over medium heat. Add in celery, onion, apples and mushrooms, and cook until onions are translucent and celery and mushrooms somewhat softened. Mix in the poultry seasoning, salt and pepper.

4. In a small bowl, whisk together the eggs and turkey stock. Set aside.

5. Combine the pork with the sautéed vegetables in a large baking dish, and pour the egg/stock mixture over. 6. Bake, covered, for 30 minutes, uncovering for last 10 minutes to brown the stuffing on top. (you can – if preferred – stuff your turkey with some of this goodness as well!)



11/22/2012: I replaced the pork with 1/2 ground turkey and 1/2 ground beef. I made poultry seasoning myself. I skipped the oil and just used a little water until the fat in the meat started to melt. I took the drippings from the turkey while it was still cooking. I was skeptical but so surprised by this dish. It smelled exactly like stuffing should and I didn't miss the bread at all!

Poultry seasoning:

2 teaspoons ground sage

1 1/2 teaspoons ground thyme

1 teaspoon ground marjoram

3/4 teaspoon ground rosemary (used fresh since we didn't have ground)

1/2 teaspoon nutmeg

Source: Paleo Comfort Foods | (Servings: --)

Brown Butter & Caramelized Onion Mashed Cauliflower

1 Head of Cauliflower
3 tablespoons of
Salted Butter
3 Cloves of Garlic
5 tablespoons Canned
Coconut Milk
1 Medium Vidalia, or
sweet, Onion
Salt and Pepper to
taste

1. Slice onion and caramelize in 1 tablespoon of butter over medium-low heat for about 15 minutes, stirring constantly to avoid burning. Once completely caramelized remove from the pan and set aside. I also threw in the three cloves of garlic towards the end to release some of their flavor.

2. Meanwhile, cut off the cauliflower stem and break into florets. Place in a casserole dish and fill with water until about $\frac{1}{4}$ of the florets are covered. Microwave for 5-7 minutes, until they are soft.

3. Place cauliflower and 3 garlic cloves into a food processor (may need to do this in batches if your processor is not large enough) and process for a few minutes.

4. Over medium heat add 2-3 tablespoons of butter and stir constantly until just beginning to brown, about 3-4 minutes, don't let it burn! And try not to drink it straight from the pan.

5. Add $\frac{1}{2}$ of the caramelized onions, browned butter, and a healthy pinch of salt and pepper to the cauliflower in the processor. Process and start adding in coconut milk until fully incorporated and a smooth, creamy mash has been formed. This may take several minutes depending on your food processor. Taste and adjust salt (I added quite a bit!).

Source: Running to the Kitchen | (Servings: --)

Roasted Brussels Sprouts

1 ½ pounds Brussels sprouts
3 tablespoons good olive oil
¾ teaspoon kosher salt
½ teaspoon freshly ground black pepper

1. Preheat oven to 400 degrees F.

2. Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately.

Source: The Barefoot Contessa Cookbook, 1999 | (Servings: 6)

Pumpkin Custard

2 cups pumpkin,
cooked, purreed,
strained
4 eggs
½ cup raw grass-fed
cream, or 1/2 cup
coconut milk for dairy
free
5 tablespoons maple
syrup
1 pinch unrefined sea
salt
1 teaspoon cinnamon,
ground
¼ teaspoon ginger,
ground
¼ teaspoon nutmeg,
ground
¼ teaspoon cloves,
ground

1. Pour into buttered oven-proof dishes (ramekins, small Pyrex dishes or a pie pan). Bake at 350 degrees until the center is set, about 45-60 minutes depending on the size of the baking dish (less time for tiny ramekin dishes).

2. Tip: to test whether the custard is done, remove it from the oven and hold the dish on its side. If the face of the custard slides at all it needs to cook longer. Do not overcook, though, or it will become tough. A slightly undercooked custard will still be tasty while an overcooked one will not be as good.

(Servings: --)