



Sue Gregg Thanksgiving Recipes

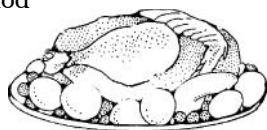
Perfect Roast Turkey Dressing Turkey Gravy Turkey Broth Turkey Barley Soup

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Perfect Roast Turkey

163 Calories/3.5 oz¹

From forerunner nutritionist, Adelle Davis, this method is long, slow cooking at a low temperature with the breast side down. It allows the turkey juices to self-baste the turkey for tender, juicy meat. Use an oven thermometer and a meat thermometer. Don't expect it to look beautiful on a platter; better to carve it up before serving, placing carved pieces on the platter.



AMOUNT: Turkey up to 12 lbs. -- allow 3/4 - 1 lb. per Serving
Turkey over 12 lbs. -- allow 1/2 - 3/4 lb. per Serving
Bake uncovered: 300°, 1 hour; 180-185°, 45 - 60 minutes per lb.

1. Wash turkey thoroughly, including cavities (remove neck and giblets); pat dry with paper towels.
2. **Salt** cavities; **stuff** lightly with prepared dressing, if desired.²
3. Rub outside of turkey well with **olive oil**.
4. Place **breast side down** on rack in roasting pan.
5. Place **meat thermometer** in meaty portion of bird, not touching bone.
6. Place in **oven preheated to 300°**. This is very important in order to kill bacteria. Roast 1 hour at this temperature.
7. Reduce heat to **180 - 185° (or 200°** if you cannot regulate the lower temperature with the thermostat); roast until meat thermometer reaches 190° -- about **45 - 60 minutes per lb.** (three times the standard time per lb; larger birds will require the longer cooking time per lb.

¹1/2 white, 1/2 dark meat roasted: +27 g protein (69%), 5 g fat (31%).

White meat: 134 Calories, 25 g protein (80%), 3 g fat (20%).

Dark meat: 192 Calories, 28 g protein (62%), 8 g fat (38%).

²It is important that the internal temperature of the dressing be maintained at 165° while remaining in the turkey. If you have doubts about the safety of the dressing, prepare it separately.

Traditional Bread Dressing

131 Calories/1/2 Cup¹

This makes 3 quarts for a 12 lb. turkey.

Sauté **3/4 cup chopped onion** + **1 1/2 cups chopped celery** in **1 cup butter**.

Mix into **3 quarts whole grain bread cubes** (p. 8)

Mix in **1 tbsp. salt, 1 tsp. pepper, 1 tbsp. sage or poultry seasoning**.

Fold in **2 cups coarsely chopped pecans, optional** (Nuts & Seeds, p. 10)

Moisten with **water or 14.5 oz. can chicken broth**. To bake separately, cover and bake at 325° for about 40 minutes.

¹+3 g protein (10%), 8 g fat (57%), 11 g carb (33%), 2 g dietary fiber.

With pecans: 194 Calories, 4 g protein (9%), 15 g fat (67%), 12 g carb (24%).

Turkey Gravy

AMOUNT: About 4 1/2 - 5 Cups

78 Calories/1/4 Cup¹

1. Optional for giblet gravy, and/or for the broth: place in saucepan, bring o boil, cover, and simmer for 30 minutes:

turkey giblets
neck
couple onion slices
some celery tops
water to cover



2. Remove heart and liver and continue to simmer until remaining giblets are tender, 1 - 2 hours. Add more water, as needed.
3. Chop the giblets. Bone and chop neck meat. Refrigerate until ready to use. Strain and refrigerate the broth separately.
4. Reserve **pan drippings** from roasted turkey. Separate² and reserve the fat. Heat fat in saucepan; stir in flour until blended; stir and cook for 1 minute:
1/2 cup reserved fat
1/2 - 3/4 cup unbleached white flour (the larger amount for thicker gravy)
or 2/3 - 1 cup brown rice flour (Grains & Flour, p. 9)
5. Remove pan from heat and blend in:
4 cups liquid (pan drippings + available giblet broth + chicken or poultry stock or broth as needed) (p. 106)
6. Return to heat and cook, stirring constantly, until smooth and thickened, about 5 minutes; gradually whisk in cream; add optional chopped giblets; season to taste with salt and pepper:
cooked, chopped giblets, optional
1/2 cup heavy cream, optional
salt and pepper, to taste

¹1/4 Cup of 4 1/2 Cups: 3 g protein (14%), 6 g fat (72%), 3 g carb (15%).

Per 1/4 Cup Serving without giblets: 14 Calories less, 2 g protein less.

1/4 Cup of 5 Cups with cream: 91 Calories, 2 g protein (11%), 8 g fat (78%),

3 g carb (11%). 1/4 Cup Serving using 3/4 cup flour in step 4: add 6 Calories, 1 carb.

²Wait for fat to rise to the top; spoon off or use baster to remove off top. More effective is to refrigerate drippings until fat rises to the top and solidifies a bit. This is possible if turkey is roasted well in advance of serving.

VARIATIONS

- › In step 5, substitute **1/2 cup red wine¹** for **1/2 cup liquid**. Omit cream.
- › Stir **6 tbsps. cornstarch²** into cold giblet broth in place of fat, flour.
- › Add a **capful Kitchen Bouquet** for richer color.

¹1/4 Cup of 4 1/2 Cups without cream: 88 Calories, 3 g protein (13%), 6 g fat (70%),

3 g carb (17%). ²1/4 Cup of 4 1/2 Cups: 25 Calories, 2 g protein (40%), 3 g carb (43%).

Slow Cooked Perfect Roast Turkey



**Dressing Removed
Trukey Ready for Carving**



Bones & Carcass in Crockpot



Turkey Broth for Soup Base



Chicken or Turkey Broth/Stock

Less than half the cost of commercial brands that contain twice as much sodium or more. A perfect recipe for the Crock-Pot®. I make turkey broth from my carved Thanksgiving bird.

AMOUNT: 3 1/2 Quarts **About 16 Calories/1 Cup¹**
Crock-Pot®: Low, 12-24 hours or Range top, 6 hours

1. Snap or crush the meat bones to release juices and beneficial gelatinous matter and minerals (especially calcium, potassium and magnesium);² place in Crock-Pot® or soup pot:

4-5 lbs. chicken or turkey (wings, backs, and/or bones, or whole)
small onion, chopped
handful celery leaves, chopped
couple of carrots, chopped
few sprigs of fresh parsley
1/2 teaspoon marjoram leaves (*Herbs, p. 13*)
1/4 teaspoon sweet basil leaves
1 bay leaf
4 quarts filtered water (or amount pot will hold) (*p. 15*)
3 tablespoons apple cider vinegar or slice of lemon
 (helps to release nutrients from the bones)
1 1/2 - 2 teaspoons salt, optional (*p. 12*)

2. Turn Crock-Pot® to low, cover and cook for 12 - 24 hours; or bring slowly to a boil on range top, cover, lower heat and simmer 6 hours³ adding more water as needed to keep meat or bones covered.
3. Pour broth through a colander into a large bowl or pot, allowing meat, bones and vegetables to collect in colander.
4. Let cool enough to handle for 30 minutes or less; remove vegetables, skin, bone. Separate out bits of meat to use, as desired.
5. Refrigerate broth (or stock³) to allow fat to rise to the top; skim off fat. Divide into freezer containers in desired portions, allowing at least 1/2" space at the top. If desired, when frozen, run hot water over containers; snap out block of broth; wrap securely in plastic wrap (*p. 17*), then in foil labeled with date and amount. Place blocks in freezer Ziploc bag for added protection.

¹Calories above and nutrient data, p. 60, is from a commercial chicken broth source, since it is not possible to accurately calculate data for this recipe. ²See *Nourishing Traditions*, pp. 116-118 for all about nutrient value of stocks. ³To conserve freezer space, highly concentrated stock can be prepared. Simmer broth a full 12-24 hours in soup pot, partially covered with lid (or longer on low in Crock-Pot®) until 1/2 - 1/3 the volume. To use, dilute to desired strength with water.



Turkey Barley Soup

Our "after the turkey" soup utilizing the turkey bones and their clinging bits of meat. After turkey is carved, I immediately put the carcass and bones in the Crock-Pot®, turning it on low to start the cooking. The next day I freeze the broth to use at a later time.



AMOUNT: 16 Cups (Serves 8 - 11) 124 Calories/1 1/2 Cups¹

1. Prepare **Turkey Broth** (*p. 36*) using leftover turkey bones; strain, saving the bits of meat. Refrigerate to allow fat to rise to the top; skim it off before using or freezing the broth.
2. Bring to boil in soup pot, reduce heat and boil very gently for about 1 hour; or place in Crock-Pot® on low and cook overnight (or cook on high for half as much time):
2 1/2 quarts turkey broth (+ water as needed for this amount)
8 oz. can (1 cup) tomato sauce
1/2 cup barley, uncooked (*Grains & flour, p. 11*)
 (for improved nutritional value, soak 12 - 24 hours ahead)
3. (Optional for added flavor) Meanwhile sauté vegetables in butter:
2 tablespoons melted butter (*p. 10*)
1 medium onion, chopped
1/8 teaspoon salt (*p. 12*)
1 large or 2 medium carrots, sliced or diced
1 large or 2 medium ribs celery, chopped
4. Add vegetables to soup; continue to cook until vegetables are just tender, about 30 minutes (or longer as needed in Crock-Pot®).
5. During last 10 minutes of cooking add:
1 cup frozen green peas (*Vegetables, p. 15*)
2 medium tomatoes, chopped into small pieces
2 teaspoons salt, to taste (*p. 12*)
2 cups bits of leftover turkey meat (*or whatever is on hand*)
6. To serve, garnish with:
minced parsley (*p. 15*)


¹Without butter in step 3. 143 calories per 1 1/2 cups with butter in step 3.



1 1/2 C. Turkey Barley Soup
 Orange-Pineapple Salad
 with Sweet Lite Dressing
 (p.121)
 Raisin Rye Muffin (p.95)
 with 1 1/2 tsps. butter
 (p.122)

523 Calories
 Protein: 20 g. (14%)
 Fat: 18 g. (29%)
 Carb: 80 g. (57%)
 Dietary Fiber: 12 g.

See more menu details, p.19.

A photograph of a woman with short reddish-brown hair, wearing a dark jacket and pants, sitting on a wooden bench. She is positioned in the lower-left area of the frame. Behind her is a large tree with vibrant autumn foliage in shades of orange, red, and yellow. The ground is covered in fallen leaves. The background consists of dense green bushes and more trees. The overall scene is peaceful and scenic, capturing the essence of fall.

*You make known to me the path of life;
in your presence there is fullness of joy;
at your right hand are pleasures forevermore.*

Psalm 16:11 ESV

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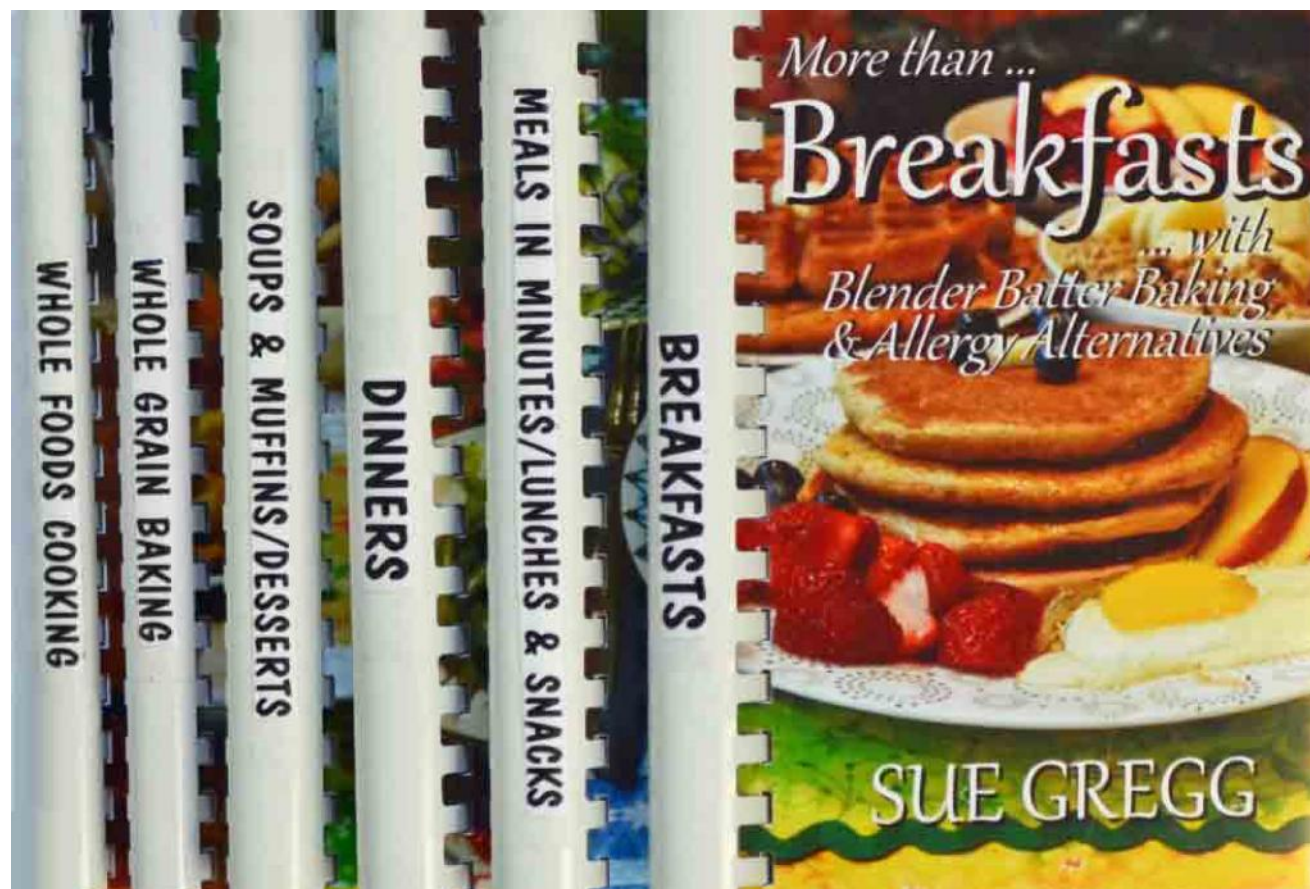
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