

## TURKEY ROAST WITH PEAS & CRANBERRY SAUCE

### INGREDIENTS:

- 2 turkey thighs or breasts with the skin**
- 1⅓ cups of revitalized or pure spring water**
- 1 Tbsp of mixed herbs** (marjoram, thyme, sage, & parsley)
- 1 tsp of Celtic seasalt** (adjust to taste)
- 1½ cups of *Elgin Organics* or *Birds Eye* frozen petite peas; or another quality brand**
- 1 tsp of unsalted butter**
- 2 cups of cranberries (fresh or frozen)**
- 3 cubes of palm sugar**

### DIRECTIONS:

**Wash the turkey pieces well.**

**Place them in a roasting pan or glass cooker with 1 cup of water on the bottom of the pan or cooker.**

**Roast or broil them with the skin side up at 375°F/190°C for about 25 minutes until crisp and golden.**

**Turn them over and sprinkle them with the mixed herbs. Add more water as needed and roast for another 20 minutes, or until done. Save the liquid.**

**To roast a whole turkey, follow the instructions in the section below under \*Turkey.**

**Rinse the petite peas in a strainer, then steam them in a small saucepan with ⅓ cup of water for 3-5 minutes. Do not let them dry out. Add the butter and stir.**

**See the Cranberry Sauce recipe on this site for preparation.**

**Serve each roasted turkey piece on a plate with the petite peas and cranberry sauce. Pour some of the remaining liquid over the turkey pieces and sprinkle them with the seasalt.**

**ENJOY this delicious dish with the Brown, Long-Grain Basmati Rice**

Serves 2

Use **organic** ingredients and pasture-raised turkey

Suitable for ALL blood types

**Turkey** belongs to the *Aves* bird class of animals and the family of birds called *Phasianidae*. The most common breed belong to the genus and species of bird named *Meleagris gallopavo* .

Indigenous to North and South America, **turkey** was an important part of the Native

American cultures. Turkeys were brought back to Europe by the Spanish and British. Young turkeys are called 'poults.' Female turkeys are called hens and male turkeys are called toms or gobblers. Different breeds include Broadbreasted Whites, Standard Bronze, White Holland, Bourbon Reds, Narragansett, and Royal Palm. The U.S. is the worlds largest producer.

Turkey is low in fat and high in quality protein; more per gram than chicken or beef. Four ounces of turkey meat provides approximately 30-35 grams of protein. Turkey also contains significant amounts of B vitamins, iron, zinc, phosphorous, and selenium, which is essential for proper thyroid and immune function. Plus, turkey is rich in glutamic acid, which helps to balance blood glucose and combat the ageing effects of stress. Turkey also contains tryptophan, an amino acid needed in the production of serotonin, which is a neurotransmitter that is vital for repairing cells and maintaining a youthful appearance. If the turkey has had ample time foraging in a pasture with natural vegetation, it is likely to contain more omega 3 than other EFAs.

USDA guidelines allow the term 'fresh' only when turkey has never been stored below 26°F/-3°C. Otherwise, the term 'frozen' is required.

For best quality, select fresh, organic, pasture-raised turkey. NOTE: Organic, Free-Range or Cage-Free do not guarantee that turkeys actually spent enough time outdoors in a natural pasture setting. Like with all animals, select turkey that has been humanely treated.

When it comes to meat, organic standards help lower the risk of contaminated feed and usually provide higher in nutrient quality. However, organic by itself does not guarantee a natural lifestyle for the animal. Request pasture-raised turkey and ask questions like how the animals were raised. Small local farms are usually a better option. To help find small local farms in the USA, go to: [www.localharvest.org](http://www.localharvest.org) and [www.eatwild.com](http://www.eatwild.com). Both sites are searchable by zip code.

When cooking, leave the skin on to help retain flavor and moisture. The skin also provides fiber. The leg and thigh provide the highest amount of nutrients.

When buying ground turkey meat, check for freshness and the actual % of fat. Labels are often misleading. Take special care keep raw meat refrigerated, at 40°F/4°C or below, in the coldest section of the fridge or freeze it. Make sure raw meat doesn't contaminate other foods. Raw turkey can keep for one or two days, while cooked turkey will keep for about three or four days.

Defrost frozen turkey in the fridge as it is very sensitive to heat. Wash hands, cutting board, and utensils well after handling raw meat.

**\*Roasting turkey brings out its best flavor. Cook the stuffing separately to avoid contamination. Figure roasting an unstuffed turkey for 15 minutes for each pound. When the internal temperature reaches 125°F/74°C, turn the turkey and stuff it. Then increase oven temperature to 400°F/200°C for the remaining roasting time. Let sit 10-15 minutes before carving.**

First grown in the Mediterranean basin and the Himalayan plains of NW India, the nutritious, leguminous **green pea** is rich in fiber, protein, phytonutrients, minerals, and vitamins A, B, C, and K. Peas contain a significant amount of lutein, which helps prevent macular degeneration and lowers the risk of cataracts. Peas have the ability to chelate metals and inhibit linoleic acid oxidation. They compliment soups, gluten-free pasta, rice, and many ethnic recipes. Unless very fresh, frozen petite/baby green peas are preferred for their sweetness, tenderness, and flavor.

Native to North America, **cranberries** were highly valued by American Indians as a food, medicinally, as a poultice for wounds, and as a source of red dye. By the 18th century, colonists were exporting them to Great Britain, Holland, and Scandinavia.

Cranberries belong to the food family of *Ericaceae* and *Vaccinium* genus. The *Vaccinium oxycoccos* variety is native to the Northern Hemisphere, but also found in Northern Europe and Northern Asia. The *Vaccinium macrocarpon* variety, found more commonly in the eastern parts of the United States and Canada, is larger and most widely commercially cultivated. *Vaccinium microcarpum* is a smaller species that is found in Northern Europe and Northern Asia.

Cranberries are rich in manganese, vitamins C, and fiber, and phytonutrients such as phenolic acids (resveratrol), proanthocyanidins, anthocyanins, flavonoids (quercetin), and triterpenoids. These phytonutrients are antioxidant, anti-inflammatory and anti-cancer. Both their acidity and proanthocyanidins (PAC) help prevent urinary tract infections (UTIs). They may also help prevent the overgrowth of helicobacter pylori in the stomach lining, with ulcers. Their anthocyanin content, which give cranberries their rich red color, is increased in direct proportion to the amount of natural sunlight the berries receive when water harvested. The antioxidant and anti-inflammatory properties in whole cranberries also help protect the liver and prevent cardiovascular, and periodontal diseases. By reducing oxidative stress, cranberries also help to balance the LDL & HDL cholesterol, and lower blood pressure. Cranberries also contain vitamins E and K, copper, pantothenic acid (B vitamin). Plus, they provide preventative benefits with breast, colon, lung, and prostate cancer. Select fresh or frozen, plump cranberries that are deep red and firm. Fresh ripe cranberries can be stored in the fridge for up to 20 days. Discard any soft or discolored or shriveled berries. Frozen cranberries may keep for several years. Once thawed, they should be used immediately.

**Elgin Organics, Australia** <http://www.harvestime.com.au/organics.php> 617 3807-5264

**Selina Naturally/Celtic seasalt, USA:** <http://www.selinanaturally.com/> 1 888 644-7754

**Simply Organic/Frontier Co-Op, USA:** <http://www.simplyorganic.com/> 1 800 437-3301

**The Vortex Water Revitalizer, Canada** <http://www.alivewater.com/> 1 888 644-7754