

## TURKEY PLATTER WITH CRANBERRY SAUCE & SALAD

### INGREDIENTS:

- 2 turkey thighs or breasts with the skin
- 3 cups of revitalized or pure spring water
- 1 Tbsp of mixed herbs (marjoram, thyme, sage, & parsley)
- 2 tps of Celtic seasalt (adjust to taste)
- 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 3 ½qt/3.3L sauté pan with the water.**

**Cover and sauté/steam the turkey for 30 minutes. Add more as needed to prevent drying out.**

**Turn them over and sprinkle with mixed herbs and add the butter. Add more water as needed and sauté another 15-20 minutes, or until the meat is very tender.**

**Save the liquid broth for use as a healthy drink, to store with left over meat, or in a soup.**

**Remove all the bones, cut the turkey into pieces, and place them on a platter.**

ENJOY this cold turkey platter with separate bowls of Cranberry Sauce and the Garden Salad.

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

**See the Garden Salad recipe on this site for preparation.**

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.**

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