



**Make turkey the star  
of all your Spring celebrations!**

**Insider Recipes | Helpful Tips**



**TASTY. NUTRITIOUS. VERSATILE.**



# BUTTER BASTED FRENCH HERBED ROAST TURKEY

SERVES: 8-12  
PREP TIME: 40 MINS  
COOK TIME: 3 HRS



## INGREDIENTS:

### For turkey:

- 1 whole turkey, 12-14 lbs
- 3 tbsp butter, softened
- 3 tbsp olive oil
- 4-6 large shallots, roughly chopped
- 4 large garlic cloves
- 1 handful each fresh thyme, marjoram, rosemary
- 1 cup turkey broth
- 1 cup white wine
- Salt and pepper to taste

### For gravy (optional):

- Pan juices (from turkey, once cooked)
- Garlic and shallots from cavity
- 1 tbsp dried Herbs De Provence
- 1/2 cup turkey broth
- 1 tbsp cornstarch
- 2 tbsp milk

## DIRECTIONS:

1. Make sure the turkey is thawed and the giblets have been removed.
2. Preheat oven to 350°F (177°C).
3. Pat the turkey dry with paper towels.
4. Rub the turkey with half the olive oil, inside and out.
5. Combine half of the fresh herbs and butter. Rub the herb-butter mixture generously underneath the skin and over the breast on both sides.
6. Combine the rest of the olive oil, herbs, garlic and shallots. Stuff the cavity with the mixture. Salt and pepper to taste.
7. Place the turkey into your roasting pan. Add the turkey broth and wine.
8. Roast the turkey for 3 1/2-4 1/2 hours or until the juices run clear and an instant thermometer reads 180°F (82°C) in the thickest part of the thigh.
9. Remove the turkey from the oven and let it rest for 20 minutes before carving.

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

# SUNDRIED TOMATO & GREENS STUFFED TURKEY BREAST ROAST

SERVES: 4-6  
PREP TIME: 45 MINS  
COOK TIME: 75 MINS



## INGREDIENTS:

- 3-4 lbs large boneless 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 (177°C) 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.



# SUPER EASY ROAST TURKEY DINNER

SERVES: 8-12  
PREP TIME: 20 MINS  
COOK TIME: 3.5 HRS



## INGREDIENTS:

- 2 (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.



# TASTY ROAST TURKEY WITH SAFFRON RICE PILAF STUFFING

SERVES: 8-12  
PREP TIME: 20 MINS  
COOK TIME: 3.5 HRS



## INGREDIENTS:

### For turkey:

- 1 whole turkey, 12-14 lbs
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 tbsp sweet paprika
- 1 tbsp ground cumin
- 1 tbsp garlic powder

### For stuffing:

- 2 cups turkey broth
- 3 cups basmati rice
- 3/4 cup wheat berries
- 3/4 cup golden raisins
- 1 cup shredded carrots
- 1/4 tsp saffron
- Salt and pepper to taste
- 3 cloves garlic

## DIRECTIONS:

### Prepare stuffing:

1. Cook 1 1/2 cups of the rice according to package instructions. Cook the other half according to package instructions but also add in the saffron and garlic cloves while cooking.
2. Cook the wheat berries according to package instructions.
3. Once cooked, combine all the rice and the wheat berries.
4. Add the carrots and raisins.

### Prepare turkey:

1. Make sure the turkey is thawed and the giblets have been removed.
2. Preheat your oven to 350°F (177°C).
3. Pat the bird dry with paper towels.
4. Rub the turkey with olive oil, inside and out.
5. Combine the spices to make a rub. Sprinkle generously onto the turkey bird, inside and out.
6. Make the stuffing.
7. Loosely stuff the cavity.
8. Place the bird turkey into your roasting pan. Add the turkey broth.
9. Roast the turkey for 3 1/2-4 1/2 hours or until the juices run clear and an instant thermometer reads 180°F (82°C) in the thickest part of the thigh.
10. Remove the turkey from the oven and let it rest for 30 minutes before carving.

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



# 5 Ways Canadian Turkey is the Perfect Choice to Feed a Crowd!

## Create an elegant buffet family-style meal:

1.

Make Canadian turkey the star of your buffet meal. A whole turkey can feed a large crowd and provides a variety of dark and white meat servings to suit everyone's preferences. Add a few side dishes and you'll have everything you need to satisfy all your guests.

## Host like a pro and save precious time:

2.

Choosing to cook a whole turkey means freeing up valuable time before guests arrive. While the turkey is cooking, you will have time to prep all your other side dishes and desserts. Cooking time can be reliably pre-determined so you can time the turkey to come right out of the oven just as your guests arrive.

## Consider making hot and cold dishes:

3.

Turkey tastes great at room temperature. You can cook a whole turkey and then carve your meat to serve in hot and cold sandwiches. Use carved meat to quickly make crowd-pleasing dishes like salads, rice dishes, pastas and stews.

## The price is right:

4.

We know that feeding a large crowd often comes with a hefty bill. A whole turkey is a very economical way to feed a group and often provides you with leftovers that can be used for meals later on too!

## Keep it light:

5.

A big celebration doesn't always have to mean a huge food hangover. With Canadian turkey, both dark and white meat is lean so you can feel great serving a satisfying meal that will still be light. Make healthy habits a part of your celebration traditions and you and your guests can enjoy yourself without worrying about heavy meals.