

# Recipe 1: Roast Turkey



## Ingredients

1 (15-lb.) turkey (or more if you want a lot of leftovers)  
1 large onion  
1 large carrot  
1 large celery stalk  
½ tsp. dried thyme  
½ tsp rubbed sage  
Sea salt and freshly ground black pepper, to taste  
½ cup Ghee  
½ cup water

## Instructions

Preheat oven to 500 degrees. Remove giblets and neck bone from turkey cavities; reserve neck for later use\*.

Rinse turkey with cool water and pat dry.

In a large bowl, toss together onion, carrot, celery, thyme, sage, salt and pepper; insert this mixture in the large cavity of the bird then place the turkey on a rack in a shallow roasting pan and gently rub ghee under and over the skin.

Pour the water on the bottom of the pan.

Insert a meat thermometer in the thickest part of the thigh muscle, but don't allow it to touch the bone (or you'll get a false reading).

Bake for 30 minutes, then decrease oven temperature to 325 degrees and roast for 4 to 5 hours (depending on size) or until a meat thermometer registers 180 degrees.

Remove turkey from the oven and allow it to rest in the pan for 10 minutes, then transfer it to a cutting board and allow it to rest for at least an additional 10 minutes; cover with aluminum foil wrap to keep it warm.

\*After you've placed the turkey in the oven, place reserved neck, ½ medium onion, ½ medium carrot and ½ medium celery stalk in a medium saucepan with a tight-fitting lid; fill about three-quarters of the way up with water. Bring to a boil then reduce, cover and gently simmer for 1 hour. Strain broth, discarding solids; set aside for making gravy.

\*(R#) = Recipe that the ingredient or product is used in

# Recipe 1: Pan Gravy



## Ingredients

Turkey neck stock  
Low sodium chicken broth, as needed  
King Arthur Gluten Free Multipurpose Flour  
Water  
Sea salt and freshly ground black pepper, to taste

## Instructions

After the turkey is done and resting on the cutting board, add turkey neck stock to roasting pan; bring to a boil and whisk up all of the browned bits from the bottom of the pan; add chicken broth as needed.

In a small bowl or cup, blend flour and water (1:1) to a smooth paste; gradually add to pan; cook, stirring constantly until thickened; salt and pepper to taste.

You will need 1 Tbsp. of roux to 1 cup of liquid.

It's not an exact science—just add more as you go if you like thicker or more liquid if you like it thinner.

# Recipe 2: Perfect Paleo Dressing

Recipe by: Leanne Ely

## Ingredients

10 strips of bacon, chopped  
5 stalks of celery, diced  
2 large onions, diced (use white, brown or yellow; not a sweet onion)  
2 green apples, diced (skin included)  
1 pound bulk breakfast sausage (no casings)  
8 oz. mushrooms, finely chopped  
2 Tbsp. apple cider vinegar  
1 cup dried cranberries  
1 cup pecans, chopped  
2 eggs, beaten  
1/3 cup chicken broth

## Instructions

In large skillet over a medium high heat, add bacon and cook till the fat starts to release.

Now add the celery, onions and apples; cook 5 minutes.

Now add the breakfast sausage and mushrooms.

Continue to cook till bacon and sausage are both cooked thoroughly.

Drain any excess fat.

In a large bowl, add remaining ingredients, then the contents of the skillet.

Mix together well, place in a 9 x 13 baking pan and bake at 375 for about 20 minutes or so.

It should be lightly browned, not dark brown!



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# Recipe 3: Orange Cranberry Sauce

Recipe by: Grandma Baus

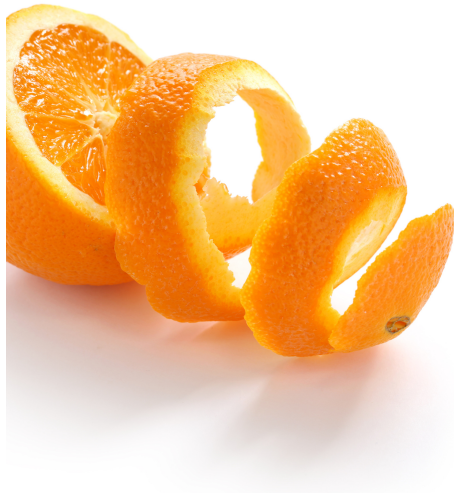
## Ingredients

4 cups fresh or frozen cranberries (1-pound bag)  
1 cup water  
1 cup fresh orange juice  
1 Tbsp. Grated orange peel (optional)  
Stevia to taste or sweetener of your choice

## Instructions

In a large saucepan, combine all ingredients; bring to a boil then reduce heat and simmer, covered, stirring occasionally, until cranberries burst and sauce thickens, about 15 minutes.

Add stevia to taste, to desired sweetness. Serve at room temperature.



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