

what's in season?

# turkey

Perhaps it's the crowd-pleasing size of turkey that makes it so festive. *Celebrate*, it says. *Gather round!* According to the Turkey Farmers of Canada, over 40 per cent of Canadians will dine on this poultry at Christmas. Roasting a whole bird is the traditional cooking method, but recently the adventurous have been brining them, stuffing them with a duck-stuffed-with-a-chicken (turducken), barbecuing them, or—gasp—deep-frying them.



## TIPS FOR BROWNING TURKEY THIGHS (AND NEARLY ANY MEAT):

- Make sure the meat is perfectly dry before you season or sear it. This helps the meat to brown.
- Don't crowd the pot, which will cause the meat to steam. Depending on the size of your pot, you may have to work in batches.
- When you add the turkey to the pot, it should sizzle audibly. If it doesn't, your pot is not hot enough; remove the turkey and try again in a minute. If the oil is smoking, your pot is too hot. If that happens, remove the pot and decrease the heat slightly.



Photo: Debra Mikaelson

## ONE-POT TURKEY LEGS WITH BEER AND HERBS

FROM EAGRANIE YUH

Roasting a turkey is best left to large gatherings and holiday feasts, but turkey legs can be just as festive, with a fraction of the work. If you can't find whole turkey legs, a mixture of thighs and drumsticks will work; you can also use this method to cook chicken thighs (adapting the cooking times accordingly). Toss some carrots and potatoes into the pot, and you've got the perfect one-pot meal for cozy nights in.

Serves 4 as a main

2 turkey legs

1½ tsp (7mL) salt

1 tsp (5mL) black pepper

2 tsp (10mL) grape seed oil, divided

1 onion, thinly sliced

4 garlic cloves, peeled and smashed

1 bottle (355mL) beer, such as honey lager

1 bunch each parsley, thyme, and sage

2 bay leaves

3 carrots, peeled and cut on the diagonal, 5 cm thick

12 baby potatoes

Preheat the oven to 325°F.

Heat a Dutch oven or heavy-bottomed pot over medium heat. Meanwhile, pat dry the turkey legs. Rub all over with salt and pepper. When the pot is hot, place 1 teaspoon of grape seed oil in the bottom. Place the turkey thighs, top side down, in the pan (you may need to work in batches; see tips). Brown the turkey thighs for approximately 3 minutes, then flip and brown another 3 minutes.

Remove the turkey legs to a plate. Lower the heat to medium low, add the remaining oil and onions to the pan, and stir constantly until the onions are translucent. Add the garlic and stir for another minute. Add the beer and scrape the bottom of the pot to remove any stuck-on bits. Allow the beer to reduce for 5 minutes.

Nestle turkey legs, like the yin and yang, back in the pot. Tie the herbs together with a bit of string, then add them and the bay leaves to the pot. Cover and bake for 30 minutes.

Scatter the carrots and potatoes around the turkey thighs. Cover again and bake for another 30 minutes, or until the turkey legs reach an internal temperature of 75°C.

To serve, transfer the turkey legs, carrots, and potatoes to a plate. If you'd like to make a pan sauce, blend the remaining liquid-onion mixture with an immersion blender (be careful not to splatter yourself) and serve alongside the meal.