

# MVWC THANKSGIVING DEMO

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## INGREDIENTS

- 10-12 pound turkey

### BRINE SOLUTION:

- 10 cups water
- ½ cup salt
- ½ cup sugar

### GARLIC HERB BUTTER FOR TURKEY:

- 1/2 cup butter , *softened to room temperature*
- 2 cloves garlic , *minced*
- 1 tsp rosemary, *chopped*
- 1 tsp thyme, *chopped*
- 1 tsp sage, *chopped*
- 1 tsp parsley, *chopped*
- zest of 1 small lemon

### TURKEY STOCK:

- 1 tbsp olive oil
- Bones removed from the turkey, *plus any other scraps*
- 4 cups chicken broth, *low sodium*
- 3 stalks celery , *chopped*
- 2 carrots , *peeled and chopped*
- 1 onion , *diced*
- 1 stem rosemary, *with leaves*
- 3 stems thyme, *with leaves*
- ¼ cup parsley
- salt and pepper to taste

## TURKEY GRAVY

- Prepared Turkey Stock
- 2 tbsp butter
- 2 tbsp all purpose flour
- salt and pepper to taste

## STUFFING:

- 1 loaf white sandwich bread
- ½ cup yellow onion, *diced*
- 2 cloves garlic, *minced*
- 2 tbsp butter
- 2 tsp fresh rosemary, *chopped*
- 2 tsp fresh thyme, *chopped*
- 1 tsp sage, *chopped*
- 1 cup turkey stock-adjust

## INSTRUCTIONS

### DECONSTRUCT THE TURKEY:

1. Using a sharp knife, cut through the skin around each thigh where it attaches to breast. Push the leg forward to pop the bone out of the socket. Cut through joint to separate leg quarter.
2. With your knife, cut along the sides of each thigh bone to separate it from the meat, then slide knife under bone to free it. Cut around the end of the bone where it connects, and find the soft cartilage connecting the bones and slice through to remove the thigh bone completely.
3. Sprinkle the inside of each thigh with salt, pepper, and chopped sage. Close the thigh back up by using two wooden skewers and then tying it closed with kitchen twine. Place the thighs on a plate or in a dish and cover with plastic wrap. Store in the fridge for 6-12 hours while rest of turkey brines.
4. Using sharp kitchen shears, cut through ribs along the side of the backbone.
5. Using your hands bend the backbone away from the breast to pop the shoulder joint out of socket. Then cut through the joint (the soft cartilage) to separate back from breast.
6. Prepare the brining solution. Pour into a large pot or container that will fit the turkey and will fit inside your fridge. Brine the turkey breast for 6-12 hours.

# NOTES