



## RECIPE OF THE WEEK



This Pear-Thyme Brined Turkey recipe will ensure cheer at the dinner table for the Holiday Season. Made with fresh and packaged ingredients from this week's Grocery Grab N Go and Long Beach Food Pantry Delivery groceries, this meal is a gift to the taste buds and good health.

### PEAR-THYME HOLIDAY CHEER TURKEY

#### Nutritional Facts:

This recipe is rich in lean protein, fiber, vitamin C and B complex vitamins, essential nutrients vitamins, phosphorus, selenium, calcium, iron, magnesium, zinc, potassium, copper, antioxidants, phytonutrients, pre-biotics, magnesium and folate. All this helps digestion, heart and bone health; blood pressure, and cholesterol levels, reduces inflammation; boosts immunity and energy levels; and protects against osteoporosis, cancer, and diabetes.

#### Ingredients (Serves 4):


8 cups pear nectar/juice	1 (12- to 14-pound) fresh whole turkey (broken down)
1 small bunch fresh thyme, divided	1 turkey-size oven bags
4 large fresh sage sprigs	8 cups ice
3 fresh bay leaves	3 sweet onions, cut into wedges
3/4 cup salt	2 pears, quartered
1/2 cup honey or brown sugar	2 Tablespoons butter, melted
2 Tablespoons crushed black peppercorns	Salt and pepper to taste (1 teaspoon each)
6 garlic cloves, crushed	3 cups chicken broth


#### Instructions:


1. Combine pear nectar, sage, bay leaves, salt, honey, crushed pepper, garlic and ½ of thyme in a large saucepan; bring to a boil, stirring often, for 5 minutes. Cool completely.
2. Place turkey inside oven bag and put in a large stockpot. Add pear mixture and ice to oven bag and close bag. Chill in the fridge 18 to 24 hours, turning occasionally.
3. Preheat oven to 325°F. Remove turkey from bags, discarding brine, and drain well. Arrange onions and remaining half of thyme sprigs in a large roasting pan. Place turkey, breast side up, on a lightly greased roasting pan. Place pears inside cavity. Tie ends of legs together with kitchen string, tuck wingtips under. Brush entire turkey with melted butter and sprinkle with salt and pepper. Pour broth into roasting pan.
4. Roast for 3 to 4 hours, or until a meat thermometer inserted into thickest portion of thigh registers 165°F, basting every 30 minutes with pan juices. Shield with aluminium foil to prevent excessive browning in spots, if necessary. Remove from oven and let stand 30 minutes.
5. Transfer turkey to a serving platter. Pour reserved drippings through a strainer into a bowl to equal 1 1/2 Cups. Use liquid to prepare gravy per packet instructions and add drippings.

#### Eat & Enjoy!

Recipe adapted from: [www.countryliving.com](http://www.countryliving.com)

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