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DELICIOUS FAT BURNING
THANKS GIVING
RECIPES



TURKEY

CRANBERRY SPINACH STUFFED PORK LOIN



INGREDIENTS:

6 lbs (2724g) pork loin, boneless and center cut
16 cups (3758g) cold maple brine from pork chop recipe (recipe)
1 lb (454g) fresh spinach leaves, washed and stems removed
1 tsp (2g) cloves, ground
2 tbsp (12g) fresh orange zest (peel)
1/2 cup (60g) dried cranberries
1 cup (99g) pecan halves, crumbled and toasted
20 each (4g) fresh sage leaves
2 tbsp (28g) light olive oil
salt and fresh cracked pepper, to taste



INSTRUCTIONS:

Butterfly the pork loin, so that you have a large rectangular sheet of pork loin. Submerge this in your brine for between 6 and 18 hours. 6 to 18 hours later, pre-heat an oven to 450 F. Fill a medium pot with water. Bring to a boil. Place roughly 12 good sized ice cubes into a separate mixing bowl, and add 2 cups of water. Once the water is boiling, add a little salt. Then, plunge the spinach into the boiling water and stir for 20 to 30 seconds. The spinach will quickly wilt and darken in color. After 20 to 30 seconds, pour the spinach and water into a colander, then transfer the hot spinach into the ice water. Stir the spinach, to stop the cooking and make sure that it is completely cold.

Remove the spinach from the icy water and SQUEEZE the spinach with your hands, until almost all the water has been squeezed out. This should leave you with a clump or two of cooked, hand pressed spinach wads. Break the clumps up into nice strands of spinach. Set aside. Remove the pork from the brine and wash well in the sink. Discard the brine. After washing the pork, completely dry it with a towel and place on a cutting board, with the fat side down. If your pork is unevenly cut, you can cover the pork with a sheet or two of plastic wrap, then pound it more evenly with a mallet (or the bottom of a heavy pan). Season the pork with a little salt and pepper.

Sprinkle the cloves and orange zest on the pork. Evenly distribute the spinach over the surface of the pork, leaving 3 or 4 inch exposed pork section, without spinach. This will form the seam, once it's rolled. Evenly distribute the cranberries and pecans. Add fresh sage leaves. Roll the pork tightly, like a jelly roll, or cinnamon rolls. Start at the end opposite the end with the exposed pork. Roll towards that end, keeping the roll as tight and even, as possible, while rolling. Set it aside. Tie the pork loin roast with butchers twine, using the method shown in the video, above. The roast should be even, and tight, so that it forms a nice round cylinder of pork. Rub the pork roast with oil, then season with a bit of salt and pepper. On a baking tray, place the pork in the oven for 10 minutes. Turn the heat down to 325 F, after 10 minutes. Roast the pork for about 45 minutes, or until the internal temperature is about 140 F. Remove the pork from the oven and cover with foil. Set in a warm place for about 15 minutes to relax. After 15 minutes, you may remove the twine, slice and serve.

8 Servings/Per Serving: 772.16 Calories; 49.64g Fat ; 71.87g Protein; 10.84g Carbohydrate; 3.08g Dietary Fiber



TURKEY

EASY ROASTED TURKEY WITH SAGE BUTTER



INGREDIENTS:

- 12 - 14 lb turkey
- 1/2 cup butter (1 stick), softened
- 2 Tbl fresh sage, minced
- 2 Tbl fresh garlic, minced
- 1 Tbl kosher salt
- 1 tsp freshly ground pepper
- 1 lemon, quartered
- 2 small apples, quartered



INSTRUCTIONS:

Preheat your oven to 400 degrees (F) and adjust your racks to fit the turkey into it. Remove the neck and giblets from the turkey and rinse the bird inside and out. Pat dry.

Combine the softened butter, sage, garlic, salt and pepper in a small bowl, mixing well to combine. Starting from the back of the bird, slide your fingers between the skin and breast meat, opening a cavity that extends all the way to the front and along the sides of the breast. Push the flavored butter under the skin, covering all of the meat.

Do the same with the tops of the drumsticks, being careful not to pierce the skin. This is no time to be squeamish – roll up your sleeves and get in there with your fist full of butter! Then rub the remaining butter over the rest of the skin of the turkey, top and bottom. Stuff the quartered lemons and apples into the cavity of the bird.

If they don't all fit, throw the rest into your roasting pan. Place the bird **UPSIDE DOWN** into the roasting pan – this protects the breast and keeps it from drying out. Roast at 400 degrees for one hour. Remove from the oven and turn over carefully. Roast right side up for another hour. Test with a meat thermometer for 165 degrees at the thickest part of the thigh.

If not quite there, give it another 15 minutes and test it again. Remove from the oven and let it rest – preferably for an hour if you can. While the turkey is resting, pour the pan juices into a measuring cup. Skim off 90% of the fat and then add about 1/2 cup of water and 1/2 tsp of xanthan gum (if you have it) to thicken it. Puree in a blender or magic bullet and re-heat just before serving.

It's important to let it rest for **AT LEAST** half an hour before cutting into it which keeps all the juices from running out onto your cutting board and leaving you with dry meat. The apples, lemon, and sage give the pan juices a beautiful flavor, this was the best gravy I've ever made! Enjoy!



TURKEY

LEMON-HERB TURKEY BREAST RECIPE



INGREDIENTS:

- 1 (about 6-7 lb.) bone-in turkey breast
- 1 T. minced garlic (3 cloves)
- 2 tsp. dry mustard
- 1 T. chopped fresh rosemary leaves
- 1 T. chopped fresh sage leaves
- 1 tsp. chopped fresh thyme leaves
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 2 tsp. extra virgin olive oil
- 2 T. freshly squeezed lemon juice
- 1 c. chicken broth
- 1 lemon, quartered



INSTRUCTIONS:

Preheat the oven to 325 F. Place the turkey breast, skin side up, on a rack in a roasting pan. I spray the roasting pan rack with nonstick cooking spray

Stir together garlic, mustard, chopped herbs, salt, pepper, olive oil, and lemon juice until combined.

Gently pull back the skin from the meat and rub about 2/2-2/3 of the paste directly on the meat. Spread the rest of the paste evenly on the skin. Pour the chicken broth into the bottom of the roasting pan, and place the quartered lemon into the cavity.

Roast the turkey for about 2 hours, or until the skin is golden brown and an instant-read thermometer registers 165 F when inserted into the thickest and meatiest areas of the breast.

If the skin starts to get too dark, tent some aluminum foil over it. Remove from the oven, and let it rest for 15 minutes before slicing. Pan juices can be used to make a gravy.