

THANKSGIVING MAIN COURSE

Turkey Roulade
Stuffed Butternut Squash
Apple Maple Vinaigrette

TURKEY ROULADE

Ingredients

- 1 boneless Turkey breast
- 6 sliced prosciutto
- 1 small onion, small dice
- 2 Garlic cloves minced
- 1 fennel, trimmed and diced
- Butter
- Salt and pepper
- 30" butcher twine

How To:

- Preheat oven to 425°F
- Heat medium skillet or pan with 1T olive oil over medium high heat
- Sauté onions and fennel until soft then add garlic and cook for 30 seconds
- Set aside for later
- Prepare the turkey by first remove turkey skin and save for later
- Butterfly turkey breast and flatten with a skillet or meat mallet to ¼" thickness
- In a small bowl, mix together ½ tsp salt, ¼ tsp pepper, and ¼ tsp ground sage then season turkey breast
- Lay the prosciutto on the seasoned, butterflied turkey breast, so the slices of prosciutto cover ⅔ of the turkey breast
- Spoon the onion and fennel mixture to cover the prosciutto
- Starting with the filling side, begin rolling the turkey to create a pinwheel and ending with the last ⅓ of the turkey closing on itself, placing seam side down
- Grab the skin of the turkey and open it to create one flat layer

- Start rolling the skin onto the roulade
- Using the butcher twine, tie the roulade into a cylinder; make sure the twine is spaced 1" apart
- Pat the skin of the roulade dry before smearing softened butter onto it along with seasoning with salt and pepper
- Place roulade into an oven safe dish and roast for 30-45 mins, temp the turkey with a meat thermometer* and adjust roasting time accordingly
 - * The internal temperature of the turkey should be at least 165°f before consuming
- Once turkey is 165°f, remove from the oven and allow to rest for 15-20 mins tented under foil
- After resting and the internal juices of the turkey have redistributed, slice the roulade, admire your pinwheel and enjoy

STUFFED BUTTERNUT SQUASH

Ingredients

- 1 butternut squash
- 1/3 c Barley
- 1 small onion diced
- 8oz Cremini mushroom diced
- 1/2 c Dried cranberries
- 2 c Kale, washed, sliced and loosely packed
- 1/2 c water or stock
- Salt and pepper

How To:

- Fill a medium sauce pot with 2 cups of water and bring to a boil
- Add barley to the boiling water season water liberally with salt, allow to boil until barley is cooked, about 10 mins
- Preheat oven to 425°F
- Carefully cut squash in half lengthwise - it can be helpful to use a rubber mallet to drive the knife through the tough squash
- Remove the seeds and membrane with a spoon and score the flesh with a knife, scoring should be in a crosshatch pattern
- Coat with olive oil and season with salt, pepper and dried thyme then place cut side down on a foil lined sheet tray
- Roast for 30 mins before removing
- Once barley is cooked, remove the pot from the stove, and drain the barley; set aside for later in the recipe
- Using a large pan or cast iron skillet, heat 2T olive oil over medium heat
- Add mushrooms to pan and saute until brown
- Add onions to the pan and cook until translucent
- Sprinkle in dried cranberries and kale along with 1/3c water or stock then cover immediately to steam the kale
- Once all water is evaporated and kale is wilted, stir in barley and taste for seasoning
- After 30mins in the oven, remove the squash and flip to have skin side down

- Scoop a well into the solid half of the squash, this well makes filling the squash easier; chop the scooped squash and mix into the barley filling
- Divide the barley mixture evenly between the two halves of the squash and place back in the oven for 15 mins
- Once heated through and parts of the filling are crispy and brown, remove and cool for 10 mins
- Enjoy as a side or focus of the meal

APPLE MAPLE VINAIGRETTE

Ingredients

- ¼ c Maple syrup
- 2T Apple cider vinegar
- 1tsp dijon mustard
- ½ c Olive oil
- Salt and pepper to taste

How To:

- In a bowl, combine mustard, maple syrup, and apple cider vinegar
- Whisk to combine and begin drizzling olive oil into mixture
- Use as a dressing for bitter vegetables, lighter proteins and salads