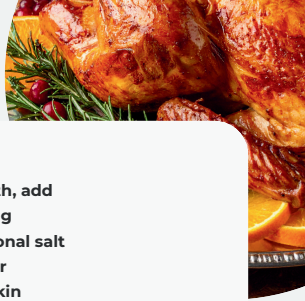
THANKSGIVING TURKEY ROAST



INGREDIENTS

- 1 pasture-raised whole turkey, thawed (18-20 lbs. turkey)
- 1 cup fresh orange juice (3–4 oranges)
- 2 large white onions
- 4 medium carrots, peeled
- 1 head of garlic, peeled
- 2–3 Tbsp salt & ½ Tbsp or more black pepper
- ½ Tbsp cumin powder
- 1 Tbsp paprika powder
- 1 Tbsp fresh or dried thyme
- ½ Tbsp garlic powder
- ½ Tbsp onion powder
- ½ cup high-temperature neutral oil, such as organic avocado oil
- 3–4 cups water or chicken broth, add more as needed during roasting
- Finish with a little more additional salt & black pepper & avocado oil or pasture-raised butter for the skin

COOKING TIME

Cooking time depends on turkey size & oven.

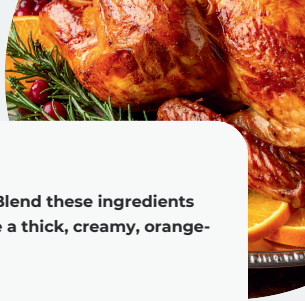
- 8-12 lbs: 2¾–3 hours
- 12-14 lbs: 3–3¾ hours
- 14-18 lbs: 3¾–4¼ hours
- 18-20 lbs: 4¼–4½ hours
- 20-24 lbs: 4½–5 hours

Purchase organic ingredients & prepare 3 days in advance.

A RECIPE THAT FEEDS THE FAMILY & KEEPS TRADITION ALIVE

ENERGETIC HEALTH INSTITUTE
WHERE HEALING HAPPENS!

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INSTRUCTIONS

Begin with the Marinade:

- Wash produce well. Roughly chop onions & carrots. Peel garlic, cloves, & juice oranges. Blend these ingredients with salt, pepper, the cumin, paprika, thyme, garlic & onion powders, & oil until you have a thick, creamy, orange-colored marinade.

Preparing the Turkey:

- Remove giblets & neck if included. Pat dry with paper towels.
- Place turkey in a deep large glass container or stainless-steel roasting pan. Carefully loosen the skin where possible & rub the marinade all over the turkey, including under the skin. Cover & refrigerate for 3 days. Each day, carefully turn or reposition the turkey so the marinade reaches as much surface area as possible.

On Thanksgiving Day:

- Take the turkey out of the refrigerator & bring to room temperature for 1–2 hours before roasting. This will help it cook more evenly. Preheat your oven to 350°F. Pour marinade around the turkey in roasting pan, season with a little additional salt & pepper & lightly coat the skin with avocado oil or melted pasture-raised butter. Add ≈ 3–4 cups of water or chicken broth to keep it juicy.
- Baste every 30 minutes!
- With a meat thermometer, check the thickest part of the breast & innermost part of the thigh, avoiding the bone. The turkey is ready when both reach 165°F (74°C). If the wings/legs brown too quickly, loosely cover them with unbleached parchment paper or banana or cabbage leaves.
- Once the turkey reaches 165°F, remove it from the oven & let it rest ≈ 30–45 minutes before carving. Use pan juices to make a simple gravy by slow cooking it with flour or serve it, as is.