

HEATHER DEAN'S WINNING ENTRY
Love Food, Hate Waste
Christmas Competition

Main ideas for not wasting turkey.

(Sorry I don't do grams!!)

1. There should always be sufficient for one day of 'cold turkey'. One needs to carve carefully on Christmas Day so that the Boxing Day 'cold cuts' look good. There should also be sufficient vegetables and gravy left to go with this.

2. Turkey Pie.

Make pastry with 12 ozs Flour and 6 ozs margarine. Roll out and line a flat Pie Plate with about 1/3 of the pastry. Turn on Oven to equivalent of fairly hot.

Prepare vegetables of choice. I suggest: 1 chopped Onion, 1 Carrot (peeled and chopped) 1 medium Potato, chopped. Other veg. can be included depending on what is left. Celeriac – peeled and chopped, celery, trimmed and chopped could all be used. Boil a little water and par-boil the chopped veg. for no more than 5 Minutes. Drain and cool.

Prepare the cold turkey by cutting pieces off small but in no particular shape. Use some stuffing if there is some left.

Arrange the cooled vegetables on the pastry case and the meat on top. Cover with some more cold turkey gravy, or make more if there is none left.

Roll out the remainder of the pastry and place on top. Crimp the edges to look nice. Brush with melted margarine/butter. Cook in oven for 20 minutes at the higher temperature then turn down to a moderate heat for another ½ hour. (Watch to make sure it is not burning.)

3. Turkey Risotto.

Chop an onion and 1 or 2 garlic cloves. Melt some margarine in a saucepan and gently cool the heat and cook these until they are nicely golden. Add brown rice – about 1.5 ounces for each person, and cook gently for a few minutes. Add either turkey stock or gravy, about 1 pint, and simmer. Chop and add any vegetables you still have:- peppers (various colours), mushrooms, celery, and salt, pepper, other spices to taste – suggest, nutmeg, ginger, paprika, (to flavour but not too much!) Simmer (stirring regularly). Add chopped turkey pieces after about 15 mins. Cook until rice is done, and serve. Quantity to vary for numbers present.

4. Finally! Turkey Broth

Once you have, seemingly, taken all the meat off the carcass, it is time to make the broth!

Get a big saucepan, large enough to take the whole carcass and put the whole thing in. Cover with water – and any stock/gravy you may still have left, and set to boil.

Meanwhile chop and add a selection of vegetables – anything you have left. A squash is a nice addition (peeled and chopped.) Do include onion and garlic at least. The more you add the greater the quantity of soup. Simmer for about an hour – good idea to cover it so that it does not boil dry. Stir regularly.

Get 2 big mixing bowls, a similar sized colander and a large plate (maybe 2) and a mixer. Put the colander into a bowl and empty the contents of the saucepan into it –

careful not to overflow. (You may need a helper for another pair of hands.) Put the colander onto the plate.

When it is cool enough start to sort out the veg. and strip all the rest of the meat off the carcass. (Careful not to get any small bones added.) Put these into the second bowl. Ladle into the mixer a bit at a time, with some of the liquid each time. (Don't overfill!) Mix and pour back into the saucepan when sufficiently mixed and repeat until it is all done. Give it a good stir and boil up again.

If there is too much for that day's meal (eat with a nice bread), then ladle into pots. The sort that come with rice in from a takeaway are very useful for this as they have good lids.) Label these and freeze as soon as cool.

ENJOY!