

Pastured Poultry Recipes



Bountywoods Farm

Greetings from Bountywoods Farm!

I've put together a collection of recipes for pasture raised poultry, especially for you! I enjoy being an adventurous cook, so I've come up with many of these recipes. But I'm not the only one! The *Breaded Chicken* is a creation of my Mom's, invented for our 2016 Open Farm Day. The *Turkey Sausage* is Selema's adaption of a recipe our family likes.



These recipes ask specifically for either chicken or turkey, but you can also substitute one for the other. Chicken and turkey are much the same in the way they are cooked, so feel free to make your own adaptations. Recipes are just to get you started on your own cooking adventure!

Enjoy!

~Rebecca Weber

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Contents

Chicken recipes

- Breaded Chicken
- Chicken Noodle Soup
- Chicken or Turkey Loaf
- Spicy Chicken Wings

Turkey recipes

- Turkey Leftovers Ideas
- Turkey Breast Ideas
- Coconut Breaded Turkey Strips
- Baked Turkey Thighs With Tomato and Carrot Sauce
- Turkey Sausage
- Roasted Turkey Drumsticks

Chicken or Turkey Stock

Chicken Recipes

Breaded Chicken (Gluten Free)

Ingredients:

- ◆ ¼ cup coconut flour
- ◆ ¼ cup rice flour
- ◆ 1 ½ tsp salt
- ◆ ½ tsp freshly ground black pepper
- ◆ 1/8 tsp dried thyme
- ◆ ¼ tsp dried oregano
- ◆ ½ tsp garlic powder
- ◆ 5 chicken drumsticks
OR: 4 chicken thighs
OR: 3 chicken breasts, each cut in 4 pieces
- ◆ approx. ¼ cup coconut oil

Instructions: Preheat the oven to 175°C (350°F). Mix the first seven ingredients together in a small shallow bowl. Grease a baking pan with coconut oil. Rinse chicken pieces in water; shake off excess water. Roll chicken in flour mixture; put on baking pan. Melt the coconut oil and drizzle it over the chicken pieces. For drumsticks or thighs, bake for 1 ¼ hours, uncovered, or until juices run clear, basting after 20 minutes with the pan juices. Baste again after another 20 minutes if you wish. For breast meat, bake for ½ hour, uncovered, or until juices run clear, basting after 10 minutes with the pan juices.

Chicken Noodle Soup

Ingredients:

- ◆ 1 ½ litres chicken broth or stock
- ◆ 3 large potatoes, cubed
- ◆ 3 medium carrots, cubed
- ◆ 2 stalks celery, chopped (with leaves)
- ◆ 2 cloves garlic, crushed
- ◆ 1½ – 2 cups cooked chopped chicken
- ◆ Approx. 125 grams noodles (I used homemade whole wheat noodles)
- ◆ 1 tsp salt
- ◆ 1 tsp poultry seasoning

Instructions: Put the broth, vegetables, and seasonings in a pot, and bring to a boil. Reduce heat to medium; cook until vegetables are tender-crisp. Add chicken and noodles; cook for another 12 minutes or until noodles are cooked. Serve hot.

Spicy Chicken wings

Everyone cheers when these chicken wings land on the table! Selema adapted it from a Spanish recipe.

Serves 4- according to the original recipe. It depends on the size of the wings.

Ingredients:

- ◆ 8 chicken wings
- ◆ 2 large garlic cloves, cut into slivers
- ◆ 1 tbsp olive oil
- ◆ 1 tbsp paprika
- ◆ 1/2 tsp cayenne pepper
- ◆ 1 tsp dried oregano
- ◆ 1 tsp salt
- ◆ 1 tsp ground black pepper
- ◆ lime wedges for serving



Instructions: With a small sharp knife, make one or two slits in the skin of each wing. Slip a garlic sliver into each hole. Brush wings with olive oil. Mix the spices in a small bowl. Add the chicken wings and toss to coat. Broil the wings for about 15 minutes until they are cooked through and the skin is crisp. Serve with lime wedges.

Chicken or Turkey Loaf

This is a good recipe for using leftover cooked poultry. It's from a cookbook my mother got for a gift years ago. Try it with gravy and mashed potatoes!

Ingredients:

- ◆ 1 cup bread crumbs (or 2\3 cup flour)
- ◆ 2 tbsp butter or coconut oil
- ◆ 1 cup chicken or turkey broth
- ◆ 1 tbsp grated onion
- ◆ 1\4 cup celery, finely chopped
- ◆ 2 eggs, slightly beaten
- ◆ 3 cups cooked chicken or turkey, diced
- ◆ 1\4 tsp black pepper
- ◆ 1 tsp salt

Instructions: Mix all ingredients together in a bowl. Pour into a greased loaf pan. Bake at 163°C (325°F) for 45 minutes or until firm.

Turkey Recipes

Turkey Leftovers Ideas

Are you looking for ways to use all the leftover cooked turkey from your dinner? Here's some ideas:

- Use them in soups and stews
- Make turkey loaf (recipe following)
- Add dressing, celery, and seasonings to chopped cooked turkey, for a sandwich

Turkey Breast Ideas

Turkey breast is very versatile. You can use it in just about any chicken breast recipe. Here's some more ideas:

- Chop and use for a stir-fry
- Add to soups or stews (why not try turkey noodle soup?)
- Roast, broil, or boil in a little water, then slice and use for sandwiches. Or chop the cooked meat and add dressing, along with chopped vegetables like celery, bell peppers or olives for a sandwich filling
- Make Coconut Breaded Turkey Strips (recipe following)

Coconut Breaded Turkey Strips (gluten free)

This recipe is equally good with chicken! You can omit the coconut if you prefer.

Ingredients:

- ◆ 1 turkey breast (from 15-17 Lb turkey)
- ◆ 1\2 cup rice flour
- ◆ 1\2 cup coconut flour
- ◆ 1\2 cup shredded coconut
- ◆ 1 1\2 teaspoon salt
- ◆ 1 teaspoon chili powder
- ◆ 1\2 teaspoon oregano, dried

- ◆ 1\4 teaspoon thyme, dried
- ◆ 1\4 teaspoon sage, dried
- ◆ 1\4 teaspoon garlic powder
- ◆ 1\4 teaspoon ground black pepper
- ◆ 1 egg
- ◆ 1 tablespoon water
- ◆ coconut oil

Instructions: Remove skin from turkey breast (throw the skin in the stock pot); rinse breast; shake off excess water or dry with paper towels. Cut breast into strips approximately 1\2 inch (12 mm) thick. Set aside. In a small bowl, mix the flours, shredded coconut, salt and seasonings together. In another small bowl, beat egg and water together well with a whisk. Melt coconut oil in a skillet over medium heat. Dip the turkey strips first in the egg then roll in the flour mixture. Put the strips in the pan and fry, flipping once or twice to ensure they cook on both sides, until the meat is tender and juices run clear. Add more oil to the pan as needed and continue till all the strips are cooked.



Baked Turkey Thighs with Tomato and Carrot Sauce

Thighs and drumsticks can also be used like chicken, but remember that the larger size will need more cooking time. Here's a recipe I came up with, which uses thighs.

Ingredients:

- ◆ 2 turkey thighs, skin removed, each cut in two pieces
- ◆ 1 tbsp coconut oil
- ◆ 2 cups sliced carrots
- ◆ 2 tsp salt
- ◆ 1 tsp dried basil
- ◆ 1 cup crushed tomatoes
- ◆ 1 tsp ground coriander
- ◆ 3/4 tsp cumin
- ◆ 2/3 tsp chili powder
- ◆ 1/2 tsp garlic powder
- ◆ 1/2 tsp black pepper



Instructions: Melt the oil in a frying pan. Add turkey pieces and brown on both sides. Take out of pan and set aside. Sauté carrots for about 5 minutes, adding more oil if needed. Stir in tomatoes and spices. Add chicken pieces. Mix with the sauce. Transfer everything to a roaster. Bake, covered, for about an hour at 175°C (350°F). Then stir everything again and bake another 15 to 30 minutes, or until the turkey is tender and the juices run clear.

Turkey Sausage

In a hurry? Try this turkey sausage recipe for a delicious breakfast - or any meal of the day, for that matter! You can form this into a roll and refrigerate it. Then you can slice off small patties to cook whenever you need a quick, tasty meal! serves 6

Ingredients:

- ◆ 1 pound ground turkey
- ◆ 2 cloves garlic, minced
- ◆ 1/2 teaspoon each of dried basil, oregano, and thyme

- ◆ 1/4 teaspoon each of cumin, summer savory, black pepper, cayenne pepper, nutmeg, ginger and sage
- ◆ 2 tablespoons flour
- ◆ 1 3/4 teaspoons salt
- ◆ 1 beaten egg
- ◆ coconut oil for frying

Instructions: Mix the ingredients well, and chill. Form into a roll for later use, or directly into small patties, and saute in coconut oil until cooked through.

Turkey Potato Casserole

When I made this the first time, I made an amount that I thought was extra for our family.

But guess what-- they ate it all!

Serves 6

Ingredients:

- ◆ 600 grams turkey breast (approx.)
- ◆ 1 tbsp coconut oil
- ◆ 1 cup turkey stock
- ◆ 4 large potatoes
- ◆ 1 tsp salt
- ◆ 1 1/2 tsp soy sauce
- ◆ 3 garlic cloves, crushed
- ◆ 2 tsp dried basil
- ◆ 1/2 tsp chili powder
- ◆ 1/4 tsp dried rosemary



Instructions: Chop turkey breast into approximately 1/2 inch cubes. Brown turkey in the oil, in a heavy pot. Then add the remaining ingredients and bring to a boil. Turn down the heat to medium and cook, covered, until potatoes are almost tender. Remove lid and cook uncovered for a few minutes to reduce the sauce, until potatoes are tender. Serve hot.

Roasted Turkey Drumsticks

Ingredients:

- ◆ 2 turkey drumsticks
- ◆ 1 1/2 tsp salt
- ◆ 1/2 tsp cumin
- ◆ 1/2 tsp black pepper
- ◆ 1/2 tsp cinnamon
- ◆ 1/2 tsp dried thyme
- ◆ 1/2 tsp ground fennel seed
- ◆ 2 tbsp olive oil



Instructions: Preheat oven to 175°C (350°F). Rinse the drumsticks with water; pat dry with a towel; set aside. Mix remaining ingredients together to make a paste. Rub the paste all over the drumsticks. Place on a rack on a roasting pan. Roast, uncovered, for about 1 hour and 15 minutes, or until juice runs clear.

Don't waste the Best Part! Make Stock!

Use leftover poultry parts to make stock. Stock is a very tasty and nutritious base for soups, stews, and sauces. To make stock, put the chicken or turkey carcass, neck, and extra skin into a large stock-pot. Add some of these vegetables if you wish, for extra flavor: coarsely chopped carrots, celery, and onions. Toss in a few sprigs of your favourite herbs, like parsley, thyme, sage, basil, and bay leaves. Fill the pot with enough water to cover the bones, and add about 1 tablespoon cider vinegar per litre of water. Bring the water to a boil. Then turn the heat down to simmer the bones, covered, for anywhere from 8 to 24 hours. The longer you leave it the more goodness will be extracted from the bones! If you want to pick any remaining meat from the bones, you'll want to do that after about two hours, returning the bones to the stock afterwards. We like our wood stove for stock-making!

Compliments of

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Bringing together *quality*
and *flavor*.

