

## Canadian turkey – a great choice for the holidays and every day



Canadian turkey farmers are proud to provide consumers with access to safe and high-quality Canadian turkey products year-round. For generations turkey farmers have worked on their family farms to build sustainable operations and farm practises.

Across Canada, over 520 turkey farmers work together under supply management to produce the turkey that Canadians enjoy. Supply management allows turkey farmers to match what they grow with what Canadians need and want. The turkey industry in Canada generates \$4.0 billion in economic activity annually, supporting over 16,000 jobs across rural and urban centres.

### Good production practises

Canadian turkey farmers take great care to ensure the humane treatment of their turkeys, while meeting high standards for food safety and biosecurity. All Canadian turkey farmers, who raise and care for turkeys in Canada must meet the guidelines detailed in the *Recommended Code of Practice*.

As part of this, Turkey Farmers of Canada (TFC) administers two auditable *On-Farm Programs* designed to demonstrate and ensure a high standard of care on Canadian turkey farms through the *TFC On-Farm Food Safety Program*® (OFFSP) and the *TFC Flock Care Program*® (FCP). The programs are reviewed on an ongoing basis, and updated as necessary, to ensure they continue to be in order with current science.

This means that consumers can feel assured by their choice to enjoy Canadian turkey.

## A sustainable system

Raising turkeys is part of a sustainable Canadian agriculture sector. The stability provided by supply management in Canada allows farmers to reinvest in their farms, upgrade their operations and support communities across Canada.

Under supply management, turkey farmers make improvements in productivity and sustainability, such as enhanced feed conversions, reduced land use, fewer inputs for crop production, less manure and less greenhouse gas emissions. Turkey farmers upgrade their facilities for any number of reasons, upper most is to improve environmental sustainability.

By investing in farm equipment, new technology and science-based production practices and processes, Canada's turkey farmers are investing in the future of their farms and their rural communities. Turkey farmers are proud to be part of an industry with regulations and practises for bird welfare and food safety, and a system that will be sustainable for future generations.

## Canadian Turkey

So, thinking of Canadian turkey for your next meal?

Canadian turkey is a high quality, lean and nutrient-rich protein to add to recipes for the holidays and every day. Turkey is an excellent source of high-quality protein, a nutrient that is key for overall good health; it plays an important role in building, maintaining, and repairing your body. Each 100-gram serving of turkey has about 30 grams of high-quality protein, so enjoying turkey at your meals is an easy and delicious way to help meet protein needs.

Try this Canadian Turkey recipe for the holidays and check out more recipes at [www.thinkturkey.ca](http://www.thinkturkey.ca).

### Whole roasted turkey with cranberry pear chutney

Serves: 8-12

Prep time: 60 mins

Cooking Time: 3 hours

#### Ingredients:

##### Turkey

- 1 whole turkey, 12-14 lbs
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 tsp each ground paprika, garlic powder, savoury
- 1 lemon, quartered
- 2 pieces celery
- 1 large onion
- 2 carrots
- ½ cup white wine
- ½ cup turkey broth

### Chutney

- 3 large firm pears, quartered
- ½ cup raw cranberries
- 2 tbsp red onion, minced
- ½ cup apple cider
- ¼ cup lemon juice
- 1 tbsp olive oil
- 1 tbsp each salt and pepper
- ¼ tsp ground nutmeg
- 3 sprigs fresh thyme
- 2 tbsp maple syrup

### **Directions:**

1. Make sure the turkey is thawed and the giblets and neck have been removed.
2. Preheat your oven to 350°F (177°C).
3. Pat the turkey dry with paper towels.
4. Combine the spices to make a rub.
5. Rub both the inside and the outside of the turkey with olive oil and the spice rub.
6. Roughly chop the onions, carrots and celery. Place half in the roasting pan and the other half, plus the lemon, into the cavity.
7. Add the turkey to the roasting pan and set over the vegetables. Add the broth and the wine.
8. Roast the turkey for 3 1/4–4 hours, until the juices run clear and an instant thermometer reads 180°F (82°C) in the thickest part of the thigh.
9. Once cooked, remove the turkey from the oven and let it rest for at least 30 minutes before carving.

NOTE: Cooking times are for planning purposes only – always use a digital meat thermometer to determine doneness.

### For Chutney:

1. Heat olive oil in a non-stick pan over high heat.
2. Sear pear slices on both sides until lightly browned, 3-4 minutes.
3. In the last minute, add cranberries and heat until they split, 1 minute.
4. Roughly dice pears.

Combine pears, lemon juice, red onion, apple cider, maple syrup, salt, pepper, nutmeg and thyme in a saucepan over medium heat. Lightly simmer until flavours combine and pears are fork tender and just begin to break down. Remove from heat, add cranberries and allow to cool.