

# Recipe

## PASTURE-RAISED TURKEY CONFIT

### THE GOODS:

Serves 8

- 1 pasture raised Turkey (sized approx. 1 b per person)
- 1 jar of organic duck tallow
- 3 cups Sea salt
- 1 bunch parsley
- 1 bunch sage
- 1 bunch rosemary

### THE METHOD:

Place the salt and all the herbs into a food processor and process until the salt is pure green. Set aside. Take out and rub the salt all over the turkey breasts. Return to the refrigerator for another 2 hours. Take out and rinse all the salt off in cold running water. Place back on a clean rack on a sheet pan and let sit overnight in the refrigerator.

When ready to cook, Preheat the oven to 450°F then drop the temperature to 350°F after putting the turkey into the oven.

Take the turkey out and place, skin side up, in a deep roasting pan. Cover the turkey completely in the duck fat. Roast in the oven for approximately 13 minutes per pound. With a meat thermometer, check for an internal temperature of 165 degrees to confirm it is cooked through. When it comes out, let it sit for 1 hour to cool off.

Serve and enjoy.

\*Recipe credit Peter Karapanagoitis

*Boulder Nutrition*