



## Turkey Curry

### Ingredients

2 tbsp Coconut oil  
1 tbsp unsalted butter  
1 large onion peeled and finely diced  
2 large garlic cloves peeled and finely diced  
5 cm (2in) fresh ginger, peeled and grated  
1 bay leaf  
3 tbsp ground almonds  
1-2 tbsp runny honey or to taste (omit if preferred)  
1 tbsp garam masala mild curry powder  
1 tsp ground cumin  
1 tsp coriander seeds crushed in pestle and mortar  
¼ tsp ground turmeric  
1 x 400g (14oz) tin of coconut milk  
250 ml chicken stock/broth  
2 tsp cornflour corn starch diluted in 1 tbsp cold water  
450 g leftover roast turkey or chicken cubed  
2 large handfuls baby spinach stalks removed  
Pinch crushed chilli flakes  
Salt and freshly ground pepper  
Fresh parsley or coriander to garnish



Serves 4

### Method

1. Heat the oil and butter in a large casserole. Add the onion and cook over medium heat for about 7 minutes or until onion has softened.
2. Stir in the garlic, spices and ginger. Add salt and pepper, stir and cook for a further 5 minutes.
3. Add the coconut milk, stock and honey and bring to a simmer.
4. Stir in the diluted cornflour and ground almonds. Add the turkey and simmer over low heat for 10 minutes.
5. Stir in the spinach and cook only for a minute or two until it wilts.
6. Serve over the golden rice, garnished with fresh coriander or parsley and a sprinkling of chilli flakes.

The best way to serve this **mild curry** is with aromatic golden rice – basmati cooked with a little turmeric, cinnamon and cardamom which is delicious enough to simply eat on its own!



## Turkey Bone Broth

Cook Time: **24 hours**

Serving Size: **6 pints**

### *Ingredients:*

- 1 Turkey Carcass
- ½ cup of Apple Cider Vinegar
- 8 pints of filtered water
- 3 Celery sticks halved
- 3 Carrots halved
- 3 Onions peeled and quartered
- Handful of fresh parsley
- Sea salt



### *Method:*

1. Place turkey carcass in a large pot or a crockpot, add apple cider vinegar and enough water to cover the bones.
2. Let the mixture sit for one hour so the vinegar can leach the mineral out of the bones.
3. Add the vegetables and bring to a boil. If there's any scum then skim it from the top and discard.
4. Reduce to a low simmer, cover and cook for 24 to 72 hours (if you're not comfortable leaving the pot to simmer overnight, turn off the heat and let it sit overnight, then turn it back on and let simmer all day the next day).
5. Check the pot or crock pot every eight hours or so and add water as needed.
6. During the last 10 minutes of cooking, throw in a handful of fresh parsley for added flavour and minerals.
7. Let the broth cool and strain it.
8. Add sea salt to taste and drink the broth as is, or store in the fridge for five to seven days or in the freezer for up to six months for use in soups or stews.

