



OFFALLY *good*  
COOKING

*brings you*

**Serve the Giblets! A**

# *Thanksgiving*

**How-To Guide**

*for preparing*

**Roast Turkey**

**Stuffing with Giblets**

*and*

**Pan-Gravy with Giblets**







# Roast Turkey

## Ingredients

- Turkey
- Salt (see Dry Brine on next page for quantity)
- Thyme, rosemary and sage
- Optional lemons/oranges (for stuffing cavity)
- Butter

## Instructions

- To prepare a beautiful, juicy roast turkey, dry-brine your bird with salt and herbs 1-3 days in advance. (See reference chart on next page for quantities.)
- For even cooking, bring the bird to temperature before roasting and stuff the cavity loosely - with flavorful aromatics like herbs and citrus (poked with a carving fork to emit juices) or with Stuffing. If your Stuffing doesn't easily fit, use an extra pan to avoid packing it too tightly.
- Preheat the oven to 400 F and use a heavy roasting pan. Cook your bird for roughly 12 min/lb unstuffed or 15 min/lb stuffed. (See reference chart on next page.) To begin roasting, *place bird back up/breast down* for the first 1/3 of the cooking time. (See 1/3 Cook Time on reference chart on next page.)
- After 1/3 cooking time, *flip bird breast up* and reduce temperature to 350. After 2/3 cooking time, baste bird and start checking internal temperature at the thickest point in the breast. Cook until temperature is 160 F and let rest for 20 minutes before carving. Reserve pan juices for gravy!



## My schedule

- Sunday - Keep in the bag & defrost in sink for 24 hours
- Monday - Move to frig, defrost another 24 hours
- Tuesday - Dry brine turkey w/ herbs & salt, then cover and return to frig
- Thursday - Set on counter 3-4 hrs before cook time, then roast according to cooking times below



# Turkey Reference Guide

Turkey (lbs)	Salt (dry brine)	(for an unstuffed bird)		(for bird w/ stuffing inside)	
		Cook time	1/3 Cook time	Cook time	1/3 Cook time
12	1 T + 2 tsp	2 hr 24 min	48 min	3 hr	1 hr
13	1 T + 2.5 tsp	2 hr 36 min	52 min	3 hr 15 min	1 hr 5 min
14	2 T	2 hr 48 min	56 min	3 hr 30 min	1 hr 10 min
15	2 T + 0.5 tsp	3 hr	1 hr	3 hr 45 min	1 hr 15 min
16	2 T + 1 tsp	3 hr 12 min	1 hr 4 min	4 hr	1 hr 20 min
17	2 T + 1.5 tsp	3 hr 24 min	1 hr 8 min	4 hr 15 min	1 hr 25 min
18	2 T + 1.5 tsp	3 hr 36 min	1 hr 12 min	4 hr 30 min	1 hr 30 min
19	2 T + 2 tsp	3 hr 48 min	1 hr 16 min	4 hr 45 min	1 hr 35 min
20	2 T + 2.5 tsp	4 hr	1 hr 20 min	5 hr	1 hr 40 min
21	3 T	4 hr 12 min	1 hr 24 min	5 hr 15 min	1 hr 45 min
22	3 T + 0.5 tsp	4 hr 24 min	1 hr 28 min	5 hr 30 min	1 hr 50 min

## using this chart

Find the size of your turkey and go from there! For example, if I have a 16 lb turkey, I will prepare my 'Salt (Dry Brine)' using 2 T + 1 tsp salt (and herbs). Since I don't stuff my bird, I will use the Unstuffed Cooking Times - expecting a total 'Cook Time' of about 3 hrs and 12 minutes. Using the '1/3 Cook Time,' I will turn the bird breast up and lower the temperature after 1 hr 4 min. After another 1 hr 4 min, I will baste the bird and start checking the temperature.





# The Giblets

Turkey giblets refer to the edible internal organs of a turkey, typically including the heart, liver, and gizzard. These giblets are often included with a whole turkey when you purchase it - along with the neck - and they can be used to add flavor, depth and nutrient-density to a variety of dishes. In my home, the neck goes into the stock pot!

When using turkey giblets in recipes, remove any membranes or connective tissues and optionally rinse them before cooking. Use the giblets in Stuffing or Pan-Gravy (see included recipes) to encourage even the most timid to incorporate them into their Thanksgiving meal. Or, you can sauté the giblets and serve them either as a side dish or as part of a pate. Regardless, just be sure to save the giblets and bring them to the table to make the most of all parts of your turkey.

## Liver

A soft, dark reddish-brown organ that is often considered a delicacy. Liver is packed with fat-soluble vitamins like A, D and K2 plus water-soluble vitamins like folate, iron and zinc, plus other B-vitamins and minerals.

## Heart

A small, muscular organ with a firm texture and a rich, meaty flavor.

## Gizzards

A muscular, thick-walled organ that helps grind food for the bird. It has a tougher texture and is typically simmered or chopped small.





# stuffing

## Ingredients

- Turkey giblets - liver, heart and gizzards, trimmed
- 1 1/4 lb sourdough bread, cut into squares
- 6 slices bacon
- 7 T reserved bacon grease or lard, divided
- 1 onion, diced
- 2 lbs white, cremini and/or shitake mushrooms, sliced
- juice from 1/2 lemon
- salt
- pepper
- 1/4 cup chopped sage
- 2 t chopped thyme
- 4 celery sticks, chopped
- 1/4 c parsley chopped
- 1 1/2 c broth
- Butter for greasing 9x13 baking dish



## Instructions

- Preheat oven to 375 degrees.
- Clean up and prep your giblets. Cut any excess connective tissue from the top of the heart, squeeze out any excess blood. Separate and cut off any connective tissue from the two liver lobes. Trim the skin off of the giblets from all sides. Chop all organs into small pieces (even smaller if your people are squeamish about eating them).
- If not yet stale, bake sourdough at 350 F for 20 min, or until dry.
- Fry bacon in a large pan. When crispy, remove bacon strips, chop and reserve.
- Leaving the bacon grease in the pan, add the onions and soften on medium heat. Add chopped mushrooms, and the juice from half a lemon. Stir together, cover pan and cook on medium for 8 minutes. Remove lid and increase heat to high until liquids have evaporated, stirring occasionally.
- In a large mixing bowl, add dry bread pieces, mushroom, herbs, chopped organs, reserved bacon, chopped celery, parsley and broth. Mix all together.
- Butter your baking dish and add stuffing mixture. Bake at 375 degrees for 35-45 minutes until warm through. Serve with turkey. Be thankful!



# pan-Gravy

## Ingredients

- Butter or cooking fat
- Turkey giblets - liver, heart, gizzard, trimmed
- Drippings from roast
- Flour
- Broth (or water)
- Salt and pepper, if needed



## Instructions

- Clean up and prep your giblets. Cut any excess connective tissue from the top of the heart, squeeze out any excess blood. Separate and cut off any connective tissue from the two liver lobes. Trim the skin off of the giblets from all sides. Slice gizzard and heart into thin strips.
- In a small saute pan, add a small knob of cooking fat and gently pan-fry heart and gizzard strips along with the liver lobes on medium heat for 2-3 minutes. Remove from pan and chop finely. Reserve.
- Estimate the fat remaining in the bottom of your roast pan and match the fat with flour for making gravy. For example, if you have 1 tablespoon of fat, measure 1 tablespoon of flour and 1 cup of broth. For 4 tablespoons of fat, measure 4 tablespoons of flour and 4 cups of broth. If you have more fat than you would like to make gravy, pour some off and reserve for other uses.
- Make a roux: heat the fat in the roasting pan on medium heat. Add flour to the fat in the pan, stirring constantly. Continue stirring and slowly add the broth, making sure each douse of liquid is fully incorporated before adding the next. Keep stirring as you scrape up brown bits from the bottom of the pan until the gravy comes to a boil.
- Transfer to a blender or food processor and add chopped organs. Blend until smooth. Check for seasoning and serve with turkey. Be thankful!



# Gluten-Free Gravy

## Ingredients

- Butter or cooking fat
- Turkey giblets - liver, heart, gizzard, trimmed
- Drippings from roast
- Gelatinous broth
- Or gelatin in a ramekin of water/broth
- Salt and pepper, if needed



## Instructions

- Clean up and prep your giblets. Cut any excess connective tissue from the top of the heart, squeeze out any excess blood. Separate and cut off any connective tissue from the two liver lobes. Trim the skin off of the giblets from all sides. Slice gizzard and heart into thin strips.
- In a small saute pan, add a small knob of cooking fat and gently pan-fry heart and gizzard strips along with the liver lobes on medium heat for 2-3 minutes. Remove from pan and chop finely. Reserve.
- Skipping the flour requires a strong emulsion; however, since we'll blend in a food processor or blender at the last stage - you're all set. Estimate how much gravy you would like and plan to use 1/3 teaspoon gelatin per 1 cup broth, or 1 tablespoon gelatin per 3 cups of broth. (You can skip this step if you have solidly gelled broth available for use.) Add your gelatin to 1/4 cup liquid (broth or water) in a ramekin. Allow to rest for 5 minutes while the gelatin 'blooms.' If you have more fat than you would like for your gravy, pour some off and reserve for another use.
- Mix your ingredients: heat the fat in the roasting pan on medium heat. Add gelatin mixture, stirring constantly as it melts. Continue stirring and slowly add the broth, fully incorporating it as you scrape up brown bits from the bottom of the pan until the gravy comes to a boil.
- Transfer to a blender or food processor and add chopped organs. Blend until smooth. Check for seasoning and serve with turkey. Be thankful!





# Be Grateful

## Have a Great Thanksgiving

Honor and appreciate the whole animal (and the farmer 🧑🌾) by enjoying all of it! 🍗

Set an intention. Plan when you'll get some natural light and movement in your day. 🚶🏻‍♀️

Be the love you wish to see in the world!



with love,

Janine  
AT

OFFALLY good  
COOKING

Janine Farzin helps people just like you gain the confidence and skills to take their health journey to the next level by incorporating organ meats into their diet. She has been devoted to serving organ meats to her family and friends for over 10 years and founded OffallyGoodCooking.com in 2017. Janine has engineering degrees from UC Berkeley and MIT and loves a good optimization problem. Knowing you only get so many calories in a day, and organ meats are your most nutrient-dense options, how can you incorporate more of them at every turn? Indeed, Janine has found that health freedom comes with incorporating these sacred foods into your life and diet. Janine can be found in the river or on the mountain during any season.

