



#MakeItGAP

RECIPES

MAPLE-BRAISED TURKEY LEGS AND THIGHS

YIELD: Serves 6

INGREDIENTS:

3 lb. turkey legs and thighs
Salt
Pepper
1/4 cup all-purpose flour
2-3 Tbsp. olive oil
1 onion, *sliced*
1 cup Apple cider vinegar
1 cup maple syrup
2 cups chicken stock

PREPARATION:

Heat oven to 275° F. Pat turkey legs and thighs dry with a paper towel and generously sprinkle with salt and pepper. Dredge in flour.

Heat olive oil in a Dutch oven over medium-high heat. Once the oil shimmers, add turkey skin-side down and cook until browned, about five minutes. Flip and cook until the other side browns, about another five minutes. You don't want to overcrowd the pan, so don't add more than three pieces at a time. Otherwise, the skin won't brown properly. If the Dutch oven starts to get too hot, you can turn the heat down to medium.

After you brown all the turkey, turn the heat down to medium if you haven't already and place the browned turkey on a separate plate. If necessary, add a little more oil to the pan.

Cook the onion slices for about four minutes. Pour in the apple cider and scrape up the brown bits.

Stir in the maple syrup, chicken stock, bay leaves, sage and thyme. Add turkey and bring the mixture to a boil.

Move the Dutch oven to the 275° oven and cook uncovered for two hours. The turkey is done when the leg meat is fall-off-the-bone tender.

Recipe adapted from burrataandbubbles.com