



Emily Lycopulus - Olive Oil Sommelier, educator, author of eight cookbooks and Canada's Olive Oil Critic - is celebrating her first year in partnership with Quest Outreach Society. Emily has carefully developed recipes unique and special to Quest to support this year's Holiday Hamper. Her Turkey recipe is featured here to help guide you through the care and cooking of your meal. Additional recipes by Emily that include working with the vegetables, chicken stock and left-overs from your holiday meal can be found at:

Questoutreach.org/holidayhamperrecipes

About Emily: With a degree in Life Science from Queen's University, her love of science and discovery, has blended with her deep love of food and flavour. Along with an MA in Cultural Anthropology, her kitchen is also a lab for discovery and learning. After being introduced to olive oil on her husband's family olive grove, her life has been dedicated to the ingredient since. Emily's expert palate can be found sharing her passion with consumers, olive oil producers, gourmet and grocery retailers, as well as judging at International Olive Oil competitions. Calling Victoria, BC home, Emily hosts private workshops, cooking classes, guided tastings, educating retail and culinary professionals alike all about olive oil.

Preparing Knorr's Chicken Stock (included in your Holiday Hamper)

Instructions:

1. Quest has repacked Knorr Chicken Stock for use as part of your Holiday Hamper.
2. Several of your Quest Holiday Hamper recipes call for the addition of chicken stock. Follow these instructions to adjust volumes accordingly.
3. Your entire pack of Knorr Chicken Stock will yield just over 8 cups of stock.
4. To cook the entire package, you will need 2 litres of water (just over 8 cups.)
5. To create smaller amounts, divide up the stock (in half or quarters) and adjust your water (1 litre/4 cups OR .5 litre/2 cups)

How to Store Your Hamper Items & Defrost Your Turkey:

You've picked up and/or received your Holiday Hamper from Quest! It's now time to take care of your turkey.

- Place your frozen turkey on a roasting pan, still in its original packaging, and put it in the fridge for 3 days prior to cooking, to thaw. Once fully thawed, it will stay fresh for 2 days in the fridge. Remove from fridge 1 hour before cooking.
- To defrost the Turkey in the sink, place from the freezer directly into the sink 8 hours prior to cooking and fill the sink with cold water, allowing it to run over the turkey. To

Quest Outreach Society

2020 Dundas Street

Vancouver, BC, V5L 1J4

questoutreach.org

(604) 602-0186

QUEST

non-profit grocery markets

safely thaw the turkey, drain and refill the sink with fresh cool water every 30 minutes (this point is important in order to keep the turkey fresh and limit bacterial growth.)

- Your poultry herbs will stay fresh in your fridge for up to 7 days.
- Carrots will stay fresh in the fridge for up to 3 weeks.
- Beets, Potatoes, and Onions will stay fresh on the counter for up to 2 weeks.

Quest Outreach Society

2020 Dundas Street

Vancouver, BC, V5L 1J4

questoutreach.org

(604) 602-0186

Simply Roast Turkey by Emily Lycopulus

Things you will need in addition to items in your holiday hamper:

- 1 roasting pan
- Paper towels
- Aluminum foil
- 1 meat thermometer
- Black pepper
- Olive or Canola Oil

Ingredients:

- 1 Turkey (5 to 7 kg)
- $\frac{3}{4}$ cup oil, olive or canola
- $\frac{1}{2}$ package poultry blend herbs
- 2 tsp ground black pepper
- 1 onion

Cooking Instructions:

1. Preheat your oven to 450°F and place the oven rack in the bottom third of the oven (if you are planning to cook roasted vegetables at the same time, place a second rack below your Turkey rack).
2. Unwrap your turkey. If you thawed your turkey in the fridge using a roasting pan, wash and dry the pan first and then return the turkey to the pan. Pat the turkey dry with paper towel.
3. Rub the turkey all over with oil.
4. Take your poultry herbs provided in the hamper and hold the stem of the herbs by the tip, running your fingers down the stem to easily remove the leaves.
5. Finely chop the herbs and rub them evenly into the turkey skin.
6. Slice an onion into quarters and place it in the cavity of the turkey.
7. Place the turkey in the oven, uncovered and immediately reduce heat to 350°F (reducing the heat helps seal in the juices and crisp the skin without burning.)
8. Roast for 20 minutes.
9. Remove from oven and cover with aluminum foil. Return to the oven and roast 2.5 hours at 350°F
10. Remove the turkey from the oven, lift the aluminum foil and spoon any dripping from the roasting pan (juices and fat) over the turkey.

Quest Outreach Society

2020 Dundas Street
Vancouver, BC, V5L 1J4

questoutreach.org

(604) 602-0186

QUEST

non-profit grocery markets

11. Check the temperature in the center of the thigh, ensure the tip of the thermometer doesn't touch the bone. The turkey is done when the internal temperature is 180°F – if not ready, cover it with aluminum foil, return the turkey to the oven and check the temperature every 15 minutes.
12. When done, remove from oven, lift the aluminum foil, spoon drippings over the turkey then return the foil to keep covered and let rest 20 minutes before serving.
13. To carve the turkey, using a sharp knife, first remove the legs and wings by placing the point of the knife into the joint, then slice the breast meat off, starting at the top of the bird and cutting towards the base.

Quest Outreach Society

2020 Dundas Street
Vancouver, BC, V5L 1J4

questoutreach.org

(604) 602-0186

Whipped Potatoes by Emily Lycopulus

Not included in your hamper:

- Sea salt
- Butter

Ingredients:

- 5 lbs Potatoes, peeled and chopped
- 2 tsp sea salt
- ½ cup butter
- 1 cup chicken broth (see instructions on how to prepare)

Cooking Instructions:

1. Add potatoes to a large pot (you don't want the potatoes to exceed $\frac{3}{4}$ full, adjust as needed.)
2. Cover the potatoes completely with water and sprinkle in sea salt.
3. Place pot over high heat and bring to a boil.
4. Reduce heat to medium and let simmer 10 minutes, until potatoes are very tender and fall apart when poked with a fork.
5. Strain and return to the pot.
6. Add butter and chicken broth.
7. Using a potato masher or hand mixer, whip potatoes until smooth.
8. Enjoy!

Quest Outreach Society

2020 Dundas Street
Vancouver, BC, V5L 1J4

questoutreach.org

(604) 602-0186

Herb Roasted Vegetables by Emily Lycopulus

Not included in your hamper:

- Honey or Brown Sugar

Ingredients:

- ½ packet poultry blend herbs (provided in your hamper)
- ½ cup chicken broth (see instructions on how to prepare)
- ¼ cup honey or brown sugar
- 3 mandarin oranges, zest and juice
- 3 lbs carrots, peeled and chopped
- 2 lbs beets, peeled and chopped
- 2 large onions, peeled and quartered

Cooking Instructions:

1. Hold the stem of the herbs by the tip, and run your fingers down the stem to easily remove the leaves.
2. Finely chop the herbs.
3. Add herbs to a large bowl with warm broth, honey, orange zest and juice. Mix to combine.
4. Add onions, carrots and beets to the bowl. Toss to coat the vegetables in herb mixture.
5. Cover a baking sheet with parchment paper. Spread the vegetables on the sheet and scrape out the bowl, drizzling the honey herb mixture over the vegetables.
6. Roast for 45-50 minutes.
7. If you're cooking the vegetables at the same time as your turkey, you can place on the rack under the turkey.

Quest Outreach Society

2020 Dundas Street
Vancouver, BC, V5L 1J4

questoutreach.org

(604) 602-0186

Beet and Orange Salad by Emily Lycopulus

Not included in your hamper:

- Olive Oil
- Salad greens
- Vinegar
- Dijon mustard
- Honey
- Sea Salt and Pepper
- Parchment paper

Salad Ingredients:

- 3 large beets
- 2 Tbsp olive oil
- 6 cups salad greens
- 4 mandarin oranges

Salad Dressing Ingredient:

- ¼ cup olive oil
- 2 Tbsp cider vinegar
- 2 Tbsp grainy Dijon mustard
- 1 Tbsp honey
- Sea Salt and Pepper to taste

Cooking Instructions:

1. Preheat the oven to 375°F and prepare a baking sheet with parchment paper.
2. Peel and slice the beets into small wedges or cubes about ½ inch thick. Place on prepared baking sheet and drizzle with 2 Tbsp of olive oil. Toss well to evenly coat in oil and spread in an even layer on the baking sheet.
3. Bake for 25 to 30 minutes, until the beets are easily pierced with a fork. Remove from oven and let cool. **Note:** This can be done a day in advance.
4. Place beets in an airtight container in the fridge until you're ready to assemble the salad.
5. In a small bowl whisk together all the dressing ingredients until smooth and combined.
6. Add salad greens to a bowl and pour one-quarter of the dressing over the greens toss to combine, evenly coating the greens in the dressing.
7. Peel and segment the oranges.

Quest Outreach Society

2020 Dundas Street
Vancouver, BC, V5L 1J4

questoutreach.org

(604) 602-0186

QUEST

non-profit grocery markets

8. Top the salad with roasted beets, and orange segments. Drizzle generously with remaining dressing and serve immediately.
9. The salad once prepared is best enjoyed the day it is made. **Note:** The root vegetables and dressing will each store separately in airtight containers for up to one week in the fridge.

Quest Outreach Society

2020 Dundas Street
Vancouver, BC, V5L 1J4

questoutreach.org

(604) 602-0186

Leftover Turkey Dumpling Soup by Emily Lycopulus

Not included in your hamper:

- Olive oil
- Sea salt
- 1 Celery stalk
- Flour
- Baking powder
- Egg
- Lemon juice

Homemade Stock Ingredients:

- 1 turkey carcass & bones
- 2 onions
- 4 carrots
- 1 stalk celery
- 2 Tbsp olive oil
- 1 tsp sea salt.
- Leftover turkey meat

Dumpling Ingredients:

- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp sea salt
- 1 cup butter
- 1 egg
- 2 tsp lemon juice
- ½ cup water

Homemade Stock cooking instructions:

1. Place the turkey carcass and any bones in a large soup pot.
2. Cut one onion in half, and add the onion and 1 carrot to the pot.
3. If you have any leftover vegetable peelings, herbs or scraps, add those too.
4. Fill the pot with water leaving 3 inches of space at the top. Cover and bring to a boil.
5. Boil for 5 minutes then reduce heat to medium-low heat and simmer for 6 hours or up to 24.
6. Remove from heat and let the stock cool.
7. Strain the stock into a large bowl, and discard the cooked bones and vegetables.

Quest Outreach Society

2020 Dundas Street
Vancouver, BC, V5L 1J4

questoutreach.org

(604) 602-0186

QUEST

non-profit grocery markets

8. Peel and dice the remaining onion, carrots and celery. Place in the bottom of a medium-large pot and add the olive oil. Place over medium heat and stir while the vegetables sizzle. Sauté for 2 minutes, sprinkle with sea salt and sauté for 2 minutes more, until the onion is translucent.
9. Pour in 6 cups of the turkey stock, and chopped turkey meat and cover the pot. Bring to a simmer over medium-high heat and cook for 10 minutes.
10. While the soup is cooking mix together the dumplings.

Note: Using a slow cooker? Alternatively, place bones, onion, carrot and any vegetable scraps and herbs in a large slow cooker. Fill with water and place on low. Cook for 12 to 24 hours.

Dumpling cooking instructions:

1. In a medium-sized mixing bowl mix together flour, baking powder and sea salt.
2. Using two knives, cut in the butter until the mixture looks like coarse oatmeal or the butter is about the size of a pea.
3. In a small bowl whisk together the egg and lemon juice until it is frothy and well mixed. Pour this into the flour mixture along with the water.
4. Using your hands or a wooden spoon gently mix together to form a soft sticky dough.
5. Remove the lid from the pot of turkey soup. Dollop a large spoonful of dough into the soup, repeat with the remaining dough covering the top with the dumplings. Cover the soup and set a timer for 15 minutes. **DO NOT PEAK!** Let the soup continue to simmer and cook the dumplings.
6. Remove from heat and serve immediately.
7. Soup once assembled and cooked should be enjoyed within 3 days and can be stored in an airtight container in the fridge.

Note: Leftover stock can be divided and frozen in airtight containers or ziplock bags (my favourite) and frozen for up to 6 months, or kept in the fridge in an airtight container for up to 2 weeks.

Quest Outreach Society

2020 Dundas Street
Vancouver, BC, V5L 1J4

questoutreach.org

(604) 602-0186