

# CUISINE DE



# CRITTERS



*It's Turkey season! I'm talking about consuming turkey—whether you observe an Australian version of Thanksgiving or decide to go for the bird for Christmas lunch or dinner, Turkey is one tasty bird.*

At home, we celebrate Thanksgiving and Christmas with Turkey but in different ways. Although Thanksgiving is an American holiday, we use it as an excuse to do a roast with all the trimmings and make my favourite pumpkin pie. I've spent a lot of time in America and like that the holiday is a celebration of family and follows the tradition of giving thanks for all that is bountiful in our lives.

Since there are only two of us we can't possibly cook a whole bird. So instead I get a breast from the local butcher who supplies free-range, organic turkeys. It still takes us days to finish up the turkey and stuffing as a picnic lunch and in sandwiches.

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BY LISA TREEN, MUTT-STER CHEF

Christmas is a larger affair as we normally cook for a bunch of family and friends. I get a whole bird and do a couple of kinds of stuffing using fresh herbs from the garden. I always do a traditional bread based stuffing as well as a more fruity kind in a separate roasting dish. If I really want to get fancy, I will often do a moist stuffing that I gently push between the skin and the flesh of the bird. It's time consuming and a bit fiddly but well worth it in the end.

Turkey is becoming more accessible in our supermarkets throughout the year. I often buy Turkey drumsticks to give to the dogs raw. They love them and it takes them a good deal of time to chomp through the meat and the bones. Ground turkey has also become more popular as people realise that it's a flavourful yet low fat meat. So this festive season, don't feed your pets scraps from the table. Instead you can make low cost but nutrient rich recipes that are quick and easy to prepare.

## TURKEY DOG DINNER

### Ingredients:

- 6 cups water
- 500g ground Turkey\*
- 2 cups brown rice
- ¼ cup chopped parsley
- 500g bag of frozen mixed vegetables (peas, corn, broccoli, cauliflower, carrot etc)
- 1 tsp of dried rosemary

### Method:

Place the water, ground turkey, rice, and rosemary into a large saucepan or flame-proof casserole oven. Stir until the ground turkey is broken up and evenly distributed throughout the mixture; bring to a boil over high heat, then reduce heat to low and simmer for 20 minutes. Add the frozen vegetables and parsley, and cook for an additional 5 minutes. Remove from heat and cool. Refrigerate until using.

\*500g Turkey mince can be found already ground at select supermarkets and is under \$6.00



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## TRILLING TURKEY ROLL-UPS FOR BIRDS

### Ingredients:

Cooked, shredded Turkey\*\*

1 Wholemeal wrap or tortilla

half a handful of nuts like walnuts, pecans, pine nuts etc

couple of thin carrot strips

### Method:

Place wrap on a flat surface. Layer Turkey, nuts and carrots on top and roll up wrap or tortilla making sure it's tightly packed. Cut into quarters and place into fresh food cup in your bird's cage.

\*\*yes you can use left-over turkey from the roast but only if it's been stored correctly. Birds, like any animal should never be offered old or spoiled food.



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## TURKEY FESTIVE FELINE FEAST

### Ingredients:

1 cup browned and drained minced Turkey

1 small can sardines (with oil)

½ cup cooked brown rice

1 Tbs of cottage cheese

1 Tbs grated carrot (optional)











### Method:

Stir all ingredients together in a bowl, breaking up the sardines as you mix. Serve at room temperature. Refrigerate remainder or store in freezer.



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I ♥ MY DOG