



today's main ingredient

A  LOCAL FOOD PODCAST



Apple and Onion Bread Stuffing

INGREDIENTS – makes about 3 cups to go in the bird

2 chopped medium yellow onions
3 Tablespoons butter
Salt & pepper
3 cups dried or stale bread cubes or croutons
2 peeled, cored, and coarsely chopped tart apples
2 Tablespoons chopped parsley
1/2 cup chicken stock (or more if needed)
Turkey (or chicken) to be roasted

STEP 1 – Gently sauté onions with salt & pepper in the butter until soft but not browned, 10 to 15 minutes.

STEP 2 – Then stir in bread cubes and apples with the chopped parsley. Lightly moisten the bread with the chicken stock (add more if needed).

STEP 3 – Rinse the bird inside and out, then dry the cavity a bit with paper towels. Salt the cavity and stuff loosely (about 3/4 cup of stuffing per pound of turkey).

STEP 4 – Roast in a 350°F oven for 15 minutes per pound of turkey or until a thermometer registers 165°F in the innermost part of the thigh, the innermost part of the wing and the thickest part of the breast, and the stuffing is cooked to an internal temperature of 165°F. Rest, remove stuffing to a serving bowl, carve and enjoy!

Note: Bacteria grow rapidly in raw poultry, so never add warm stuffing to a raw bird, which should not be stuffed more than a few minutes before cooking. In addition, stuffing should not be prepared too far in advance. Cavities in poultry should be stuffed loosely to allow sufficient heat to penetrate the bird.