

## CAFE THOMPSON RECIPE

# BRAISED TURKEY LEG WITH PUMPKIN PORRIDGE AND LIMA BEANS TOPPED WITH TOASTED PUMPKIN SEEDS

“Turkey leg” typically refers to the entire leg, including the thigh and drumstick, though sometimes just the drumstick. It’s a cut of dark meat, often weighing between 1 and 2 1/2 half pounds. Hearty, flavorful and juicy, turkey legs are a popular choice for roasting, grilling, braising or even slow cooking.

**SERVES 10**

## INGREDIENTS

- 5 cups boiled, blended pumpkin
- 1/2 cup honey or maple syrup (Optional: Add 1/2 cup nut butter like sun butter or almond butter.)
- 5 cups cornmeal, medium to coarse grain
- 2 1/2 quarts water (Amount depends on how coarse the cornmeal is.)
- 1 tablespoon salt
- 4 tablespoons of butter or any kind of fat
- 1/2 white onion, small diced
- 1 whole bulb black garlic, chopped
- 12 large heirloom tomatoes
- 1 chiltepin pepper (Can sub jalapenos)
- 2 pounds lima beans
- 1/4 cup black garlic
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 cup stewed tomatoes, small diced
- 2 tablespoons oil, butter or bacon fat
- 3 tablespoons lard, butter or oil
- 10 each turkey legs
- 3 bunches leeks
- 3 jumbo white onion
- 8 carrots, small diced
- 2 quarts water
- 2 bunches dandelion greens
- Dried pumpkin seeds for garnish



## DIRECTIONS

Boil the pumpkin until soft. Blend with 3 tablespoons of the boiled water, and then add the honey or maple syrup. Pour the cornmeal into 5 cups of boiling water with 1 tablespoon of salt and stir until mixture becomes a slurry; let cook for 20 to 30 minutes.

When the corn mixture is soft, stir the blended pumpkin into a saucepan, heat the fat and then add the onion, black garlic and tomatoes and cook for 3 to 5 minutes. Then add the hot pepper and lima beans, stir and season with salt and pepper. Cook for 5 to 10 minutes or until the lima beans are tender.

In a large pot, heat the lard or fat, and then add the turkey legs. Sear on both sides for 4 to 5 minutes each side. Add the leeks and the white onion; let cook for about 2 mins or until transparent. Add the carrots and 2 quarts of water; cook for 30 minutes. After 30 minutes, add the chopped dandelion greens and cook for 1 hour or until the turkey is soft and tender. Remove the bones and serve in 4-ounce portions over pumpkin porridge. Top with dried pumpkin seeds for added crunch.

### Side dishes

Pumpkin Porridge  
Lima Beans

