

# DIETITIAN'S CORNER

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Here is some interesting information about some of the ingredients used by Chef Marie-Claude in her recipe.

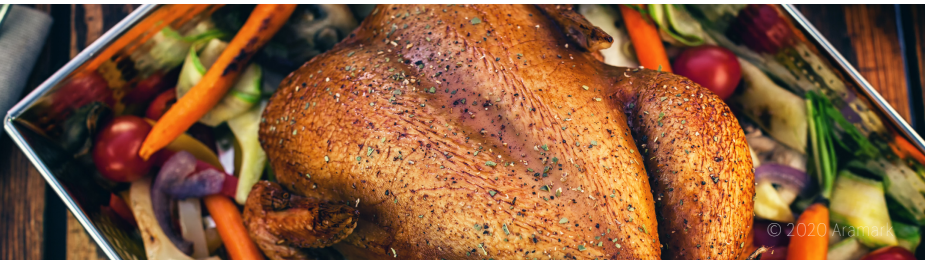
## Roasted Ginger Turkey Leg with Sea-buckthorn Chutney

### Turkey

Besides being a classic Thanksgiving and Christmas staple, turkey is typically not as popular as chicken in everyday cooking. That's too bad because it's really a nutritional powerhouse!

An excellent source of high-quality protein, turkey is also lean, whether you eat the white meat or the dark meat. Dark meat, such as the thigh and drumstick, is not only more flavourful, but also richer in iron, selenium and zinc; minerals that help maintain your immune system strong and efficient.

Also, important to note is that most of the fat in turkey is unsaturated (which is healthier), unlike the fat contained in red meat, which has a higher proportion of saturated fats.



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## Fun Facts

Although the bird is native to the American continent, in English it's being named after a Middle-Eastern country...while in French, Russian and Polish its name could translate to ..."bird of India"...

Male turkeys are also known as "gobblers" because they are the only turkeys that make that sound!

The colour of a male turkey's head and throat will change depending on its mood. This change can happen in a matter of seconds!

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## Sea-buckthorn

The sea-buckthorn orange-yellow berries have been used for centuries in both Europe and Asia as food, as well as for their pharmaceutical properties. Juice extracted from its fruits is a common drink in many parts of Asia and Europe today.

Highly prized by chefs, sea-buckthorn stands out with its citrus flavours that go well with lamb, game meat or cheese. Too sour and tart to be eaten raw, the sea-buckthorn berries are more often cooked down in jams, chutneys, sauces, vinaigrettes or as syrup in baked goods. Apparently, freezing makes them somewhat sweeter.

## A superfood you probably never heard of

Originating in the Himalayas, this fruit is now grown all over the world, including Canada, however, it's still very little known. Although very tiny, the sea-buckthorn berry is a powerful food. It's high in protein, carotenoids, vitamin C (as much as nine to thirty times higher than other citrus fruits, depending on the references consulted) and vitamin E. The oil from the fruit is also rich in carotenoids, phytosterols and essential fatty acids (omega 3,6 and 9).





## Ginger

Ginger is one of the most commonly consumed dietary condiments in the world. For thousands of years, it has been used for the treatment of different ailments, such as colds, nausea, arthritis, migraines and hypertension. The health benefits of ginger have been extensively reviewed and its antioxidant, anti-inflammatory, antinausea, antibacterial, and anticancerous properties have demonstrated their effectiveness in numerous scientific studies.

Ginger can be used fresh (in Indian, Asian, Caribbean cuisines), dried, pickled (in sushi), preserved, crystallized, candied, and powdered or ground (in cookies, cakes). The flavour is somewhat peppery, lemony, with a strong and spicy aroma. It's so versatile and universally used, it's almost impossible to list all the ways in which ginger can be used in cooking.

## Fun Facts

In the 13th and 14th centuries, ginger was a highly sought-after commodity; the value of a pound (500 g) of ginger was equivalent to the cost of a sheep!

Queen Elizabeth I of England is credited with the invention of the gingerbread man, which became a popular Christmas treat (as well as one of Shrek's friends...but that's another story, in a kingdom far, far away).

