



ITEM

Smoked Turkey Chili

YIELDS:

6- 8 portions

Smoking and drying meats and fish was a common method for preserving for food for Aboriginal Peoples prior to the introduction of refrigeration.

INGREDIENTS

2 lbs ground turkey
1 tsp salt
1/2 tsp black pepper
1 tsp chili flakes
1 tsp ground sage
1/2 tsp allspice
1/2 tsp rosemary
2 cups wood chips, soaked for 20 minutes minimum (recommend hickory, cherry or alder wood)

2 tbsp olive oil
2 medium onion, chopped fine
4 cloves garlic, chopped fine
2 ribs celery, diced fine
1 cup mushrooms, cut into quarters
3 tbsp tomato paste
1 tbsp white wine vinegar
1 tbsp brown sugar
2 tbsp chili powder
1 jar (28 oz) plain tomato sauce
14 oz water
2 cans (14 oz) pinto beans
salt and pepper to taste

1/2 cup plain yogurt
2 green onions sliced

METHOD:

1. In a bowl mix the ground turkey with the salt, pepper, chili flakes, sage, allspice and rosemary. Mix well and place in a small roasting pan.
2. Drain wood chips and wrap in foil, poke a few holes on top.



3. Turn on barbeque to med, and once the temperature reaches 275° F, remove the grill and place wrapped wood chips directly on top of the heat source. Put the grill back on and close the lid until a good amount of smoking starts, turn off one side and place the roasting pan top of that side of the grill and close the lid.
4. During this smoking period, open the lid and stir the turkey to break up the meat, the total time of smoking the turkey should be about 12 – 15 minutes. Do not over cook; remember you are only adding smoke flavor and not necessarily cooking the turkey at this point. Remove and set aside.
5. On the stove, heat a large braising pan over medium heat; add the oil, onions, garlic and celery, cook until soft, about 4 minutes. Add the mushrooms and cook for 2 minutes. Then add tomato paste and cook for one minute and do not burn.
6. Add the smoked turkey meat to the mixture and mix well. Add vinegar, brown sugar, chili powder, tomato sauce, the water (rinse the jar with the water) and pinto beans. Bring to a simmer, constantly stirring the chili and let cook for 45 – 60 minutes.
7. Once the chili is well cooked and thick, remove from the stove, taste and adjust with more salt and pepper and serve in a bowl with a dollop of yogurt and a sprinkle of chopped green onions.

Note: Smoked turkey can be purchased at most grocery stores; to use this instead of smoking it your self, remove skin, bones and dice, skip steps 1 -3 You can substitute beef, pork, venison or chicken for this recipe.

If you like a spicier flavor, just add cayenne, whole chilies or your favorite hot sauce during step 5.

If you like a smokier flavor, turn down the barbeque to 225°F and slow smoke for 25 – 30 minutes.

Like all braised entrée; they taste better the next day.

This can be served with beet chips or root vegetable chips as a garnish!