

# Win a Whole Organic, Kosher Chicken – a KOL Foods Giveaway!



Special Delivery

It wasn't long ago that the majority of the food that I ate consisted of some kind of direction that involved, "add water, 1 TBSP of butter and stir". Yep, if it was freeze-dried or loaded with preservatives, I was on it. It's not like I didn't always love food, I just was incredibly intimidated by cooking. I also never loved the idea of the cleaning up after the cooking. That part just seemed like a giant time suckage. Ugh. I was also single for the majority of my 20s and definitely had the whole, my-oven-is-used-for-storage-not-cooking thing down. It's hard to cook for just one person. You

end up throwing away leftovers and no one's there to give you feedback so it was ready made meals and tofu hotdogs aplenty in my kitchen during those non-cooking years. One of my classic 'dishes' during this time in my life was the 'just add frozen vegetables to Pasta-roni' pasta. Again, and I know I've said this before, I have no idea how I'm not 500 pounds.



Fresh Turkey

Things changed for me when I moved to Israel in 2008, lived close to the shuk and started seriously dating someone who was not only willing to eat my culinary experiments but also very patient with me as well. It's no coincidence that during this same time in my life I decided to eat healthier. When you have so much fresh produce available to you why on Earth would you eat instant anything? I started reading about the benefits of whole grains, what the big fuss is over sugar and most importantly, what the big fuss is about organic.

Now listen, I am a school counselor. The hubby is a PhD student. We do not have an expendable income, however, in our house there are some nonnegotiables. At this point, I almost primarily cook with coconut oil. I only buy non-GMO, organic cheese. We never have sodas and if we're eating anything with

sugar or bake anything requiring sugar, we generally use maple syrup or pure sugar. I also almost always purchase organic meats. Thankfully, several years ago, a dear friend of mine and fellow foodie, Annie (heck, she's been my cooking inspiration for years! I wonder if she knows that? hmmm . . .), purchased a KOL Foods turkey for Thanksgiving. With this one purchase she opened my eyes to a whole world of conscious kosher. If you haven't heard of KOL Foods before, then sit back, relax and let me drop some knowledge on ya.

Founded in 2008 by Devora Kimelman-Block, KOL Foods is the only kosher meat company that exclusively sources 100% grass-fed meat in the United States. Before this time, if you were kosher and wanted to eat sustainable, ethically-raised meat you basically had to become vegetarian. KOL Foods allowed the kosher consumer with conscience a way to bridge their beliefs with their wallet—but purchasing from KOL Foods you're not only supporting a more ethical kosher, you're also supporting local, small business. Today, KOL Foods offers glatt-kosher, organic-raised, grass-fed beef, lamb and no-nitrate deli; pastured chicken, turkey and duck; wild caught Alaskan salmon and other specialty goods. They ship frozen via FedEx nationwide or via buying clubs in select cities.



## We Love Lime in Miami



### Coconut Oil is My New Life Source

As a self-taught cook who now has a client with a requirement for Paleo-diet menu items, a diet that only allows for grass-fed meat, I was excited when KOL Foods reached out for a potential partnership. I believe in their product and in their mission and I wanted a chance to delve into some of their products. And delve I did! I was sent some delicious turkey legs that my hubby wanted to simply roast up and eat Medieval like but I wanted to get a bit more creative and play the flavors that are coming in season in Miami. I also didn't want to work with the same ol' expected turkey flavors--sage, marjoram, thyme, etc. Don't get me wrong, I LOVE all those flavors but again, I wanted to experiment. The following is my experiment and it.was.delicious! The flavors of the salsa are strong but mix well with the natural light flavors of the turkey and I'm ALWAYS a suckers for turkey drippings mixed with honey marinade.



After the Marinating Time

***Once you tempt yourself with the following recipe, make sure to click on “A Rafflecopter Giveaway”, high-lighted below, to be entered to win a KOL Foods 3 lb. roaster chicken! You can enter every day for the next 2 weeks via multiple avenues (such as liking Jewhungry on Facebook or Tweeting about the giveaway—all done through the rafflecopter link) but make sure you click on the link to be entered***

***and connected. And don't forget to share this post with friends so they can get in on the action too!***

***Enjoy and good luck!***

**a Rafflecopter giveaway**

**You can also enter via our Facebook page. [Click here.](#)**



The Colors of Miami



Turkey Ready for the Taking

## **Roast Organic Turkey Legs with Mango Salsa**

### **For Marinade:**

3 Tablespoons Coconut Oil  
2 Cloves of Garlic, minced  
1 Tablespoon of Honey  
Juice of half a lime  
Sea Salt  
Pepper  
Dash of Cayenne

### **For Salsa:**

1/2 Mango, diced  
1 Small Purple Onion, diced  
1 Jalapeno, diced  
1 Bunch of Cilantro, chopped  
Juice of 1/2 of lime (add more if you need)  
Dash of Sea Salt

Dash of Garlic Powder

## **Method:**

Preheat oven to 350 degrees. Combine the ingredients for the marinade in a small bowl. Place turkey legs in a roasting dish. Using a basting brush, slather marinade on turkey legs, cover dish and refrigerate for at least 30 minutes. At this point, the coconut oil in the marinade will harden a bit but this is typical. Once the turkey legs have marinated for at least 30 minutes, uncover and place in the oven. Make sure you baste constantly. In my mind, you can not over baste. Turkey legs will take about an hour to cook, maybe more, depending on how often you baste.

While turkey is cooking, combine salsa ingredients in a bowl and mix well. Once turkey is complete, top turkey with salsa.