



Boudin Blanc-Stuffed Turkey Breasts with Chestnuts

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 cup honey
- ☐ 2 cups honey
- ☐ 2 tablespoons coarse salt fresh
- ☐ 1 tablespoon brandy
- ☐ 0.8 teaspoons coriander seeds
- ☐ 1 tablespoon thyme sprigs fresh finely chopped

- ☐ 0.1 teaspoon mace
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.5 cup kosher salt
- ☐ 1 teaspoon kosher salt plus more
- ☐ 8 servings pepper freshly ground
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 pound ground pork finely chopped
- ☐ 0.3 cup sugar
- ☐ 4 sprigs thyme leaves
- ☐ 2 turkey breast boneless (4 pounds total)
- ☐ 0.3 cup butter unsalted ()
- ☐ 0.8 teaspoons peppercorns cracked white
- ☐ 0.3 cup wine sweet
- ☐ 1 allspice whole
- ☐ 1 teaspoon mustard seeds yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ mortar and pestle
- ☐ cutting board

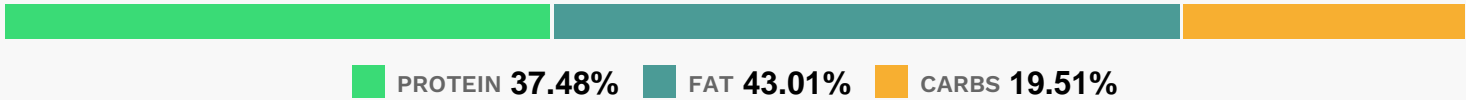
- ☐ kitchen twine

Directions

- ☐ Bring salt, sugar, and 2 quarts water to a boil in a large pot, stirring to dissolve salt and sugar.
- ☐ Let cool, then add wine, if using.
- ☐ Place turkey and brine in a large resealable plastic bag. Seal bag and chill 10-12 hours.
- ☐ Remove turkey from brine and pat dry
- ☐ Let sit at room temperature 1 hour.
- ☐ Soak breadcrumbs in cream in a small bowl 20 minutes.
- ☐ Meanwhile, bring broth, chestnuts, Cognac, bay leaves, and a pinch of salt to a low simmer in a small saucepan. Cook until chestnuts are very soft but not falling apart and liquid is reduced by half, 12-15 minutes. Discard bay leaves; chill while preparing spices.
- ☐ Toast mustard seeds, coriander, allspice, and clove in a small skillet over medium heat until fragrant and mustard seeds begin to pop, about 4 minutes; let cool. Finely grind toasted spices and peppercorns in spice mill or with mortar and pestle.
- ☐ Mix pork, thyme, mace, nutmeg, spice mixture, breadcrumb mixture, and 1 teaspoon salt in a large bowl. Coarsely chop chestnuts and add to pork mixture, along with cooled cooking liquid. Stir pork mixture to combine.
- ☐ DO AHEAD: Boudin blanc can be made 2 days ahead. Wrap tightly and chill.
- ☐ Preheat oven to 400°F. Working 1 at a time, place turkey breast on cutting board, skin side up. Holding knife parallel to work surface, cut through breast, stopping about 1/2" before you get all the way through. Open breast like a book and mound boudin blanc down center, leaving a 1" border. Fold bottom half of breast over filling, then fold top half over so it slightly overlaps. Tie at 1" intervals with kitchen twine.
- ☐ Place turkey breasts on a rack set inside a roasting pan.
- ☐ Add 1 cup water and roast until skin is golden brown and an instant-read thermometer inserted into the center of stuffing registers 145°F (breast meat should register 160°F), 11 1/2 hours.
- ☐ Let rest 10 minutes before slicing.
- ☐ Meanwhile, heat butter in a medium skillet over medium-high heat.
- ☐ Add chestnuts and thyme sprigs and cook, stirring often, until chestnuts are soft, 5-7 minutes; season with salt and pepper.

- ☐ Serve turkey with chestnuts.
- ☐ DO AHEAD: Breasts can be stuffed 1 day ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:51.89, Glycemic Load:15.14, Inflammation Score:-9, Nutrition Score:27.778260744136%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg

Nutrients (% of daily need)

Calories: 580.25kcal (29.01%), Fat: 27.36g (42.09%), Saturated Fat: 12.28g (76.75%), Carbohydrates: 27.92g (9.31%), Net Carbohydrates: 27.44g (9.98%), Sugar: 6.92g (7.69%), Cholesterol: 178.18mg (59.39%), Sodium: 9556.9mg (415.52%), Alcohol: 1.4g (100%), Alcohol %: 0.46% (100%), Protein: 53.64g (107.29%), Vitamin B3: 22.78mg (113.9%), Vitamin B6: 1.91mg (95.27%), Selenium: 59.65µg (85.21%), Phosphorus: 603.45mg (60.35%), Vitamin B1: 0.55mg (36.81%), Vitamin B12: 1.69µg (28.18%), Vitamin B2: 0.47mg (27.87%), Zinc: 4.17mg (27.81%), Potassium: 915.19mg (26.15%), Vitamin C: 20.84mg (25.26%), Vitamin B5: 2.16mg (21.62%), Magnesium: 80.34mg (20.09%), Copper: 0.36mg (17.92%), Iron: 2.55mg (14.17%), Manganese: 0.28mg (13.78%), Folate: 44.67µg (11.17%), Vitamin A: 518.41IU (10.37%), Calcium: 72.8mg (7.28%), Vitamin D: 0.54µg (3.6%), Vitamin E: 0.44mg (2.92%), Fiber: 0.49g (1.94%), Vitamin K: 1.19µg (1.13%)