



Boudin Blanc-Stuffed Turkey Breasts with Chestnuts

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 cups roasted chestnuts from a jar
- ☐ 2 tablespoons coarse breadcrumbs fresh
- ☐ 1 tablespoon cognac
- ☐ 0.8 teaspoons coriander seeds
- ☐ 0.1 teaspoon mace
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 0.5 cup heavy cream
- ☐ 8 servings kosher salt freshly ground
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 pound ground pork belly or finely chopped
- ☐ 0.3 cup sugar
- ☐ 4 sprigs thyme leaves
- ☐ 2 skin-on boneless (4 pounds total)
- ☐ 0.3 cup butter unsalted ()
- ☐ 0.8 teaspoons peppercorns white
- ☐ 0.3 cup white 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), 1–1 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



 **PROTEIN 38.59%**  **FAT 44.25%**  **CARBS 17.16%**

Properties

Glycemic Index:39.51, Glycemic Load:12.96, Inflammation Score:-7, Nutrition Score:26.736521954122%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 561.85kcal (28.09%), Fat: 27.23g (41.9%), Saturated Fat: 12.26g (76.6%), Carbohydrates: 23.76g (7.92%), Net Carbohydrates: 23.4g (8.51%), Sugar: 6.92g (7.69%), Cholesterol: 178.18mg (59.39%), Sodium: 2192.63mg (95.33%), Alcohol: 1.4g (100%), Alcohol %: 0.49% (100%), Protein: 53.45g (106.9%), Vitamin B3: 22.67mg (113.33%), Vitamin B6: 1.87mg (93.55%), Selenium: 59.63µg (85.19%), Phosphorus: 599.13mg (59.91%), Vitamin B1: 0.54mg (35.92%), Vitamin B12: 1.69µg (28.18%), Vitamin B2: 0.47mg (27.54%), Zinc: 4.09mg (27.29%), Potassium: 865.08mg (24.72%), Vitamin B5: 2.12mg (21.16%), Vitamin C: 15.85mg (19.21%), Magnesium: 76.07mg (19.02%), Copper: 0.31mg (15.52%), Iron: 2.25mg (12.5%), Manganese: 0.21mg (10.57%), Folate: 39.1µg (9.77%), Vitamin A: 474.51IU (9.49%), Calcium: 62.99mg (6.3%), Vitamin D: 0.54µg (3.6%), Vitamin E: 0.44mg (2.92%), Fiber: 0.36g (1.45%), Vitamin K: 1.19µg (1.13%)