



Buffalo Roasted Turkey with Blue Cheese Sauce

 Gluten Free

READY IN



1120 min.

SERVINGS



8

CALORIES



1111 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black freshly ground
- 8 ounces cheese blue cut into small pieces
- 1 tablespoon celery seed
- 1 tablespoon cornstarch
- 1 cup sauce of the chicken from the turbo broiler
- 1.5 cups cup heavy whipping cream
- 8 servings kosher salt

- 13 pound turkey frozen thawed
- 9 tablespoons butter unsalted
- 2 tablespoons water
- 0.3 medium onion yellow

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- kitchen twine

Directions

- Combine the measured salt, celery seeds, and pepper in a small bowl and set aside.
- Remove the turkey's giblets and neck from the cavity and discard or reserve them for another use.
- Remove any plastic or metal holding the legs together. Pat the turkey dry inside and out with paper towels. Rub the salt mixture all over the outside of the turkey, place it on a rimmed baking sheet (do not cover), and refrigerate for 12 to 16 hours.
- Heat the oven to 450°F and arrange a rack in the lower third. While the oven heats, season the cavity of the turkey with salt and pepper and place the onion pieces inside the cavity. Wind a piece of twine around each leg once and then tie the ends together. Tuck the wings back and underneath.
- Place the turkey breast-side down on a roasting rack set in a roasting pan. Roast for 30 minutes.

- Add the water to the roasting pan and roast for 30 minutes more. Meanwhile, place the hot sauce and butter in a small saucepan over low heat and stir until the butter is melted and the mixture is combined.
- Remove from the heat.Reduce the oven temperature to 350°F.
- Remove the pan from the oven and, using two wads of paper towel to grip the turkey, flip the bird onto its back. Baste the turkey all over with some of the warm butter–hot sauce mixture. Continue to roast, basting with the sauce every 15 minutes (rewarm the sauce as needed), until a meat thermometer inserted into the inner thigh registers 165°F and the juices run clear, about 45 to 90 minutes more.
- Place the hot sauce and 8 tablespoons of the butter in a small saucepan over low heat and stir until the butter is melted and the mixture is combined.
- Remove from the heat and rewarm as needed when ready to serve.Melt the remaining tablespoon of butter in a medium frying pan over medium heat until foaming.
- Add the onion, season with salt and pepper, and cook, stirring occasionally, until softened, about 6 minutes. Meanwhile, whisk the water and cornstarch together in a small bowl; set aside.
- Add the cream to the pan and bring to a simmer. Reduce the heat to medium low and, while whisking constantly, add the cheese 1 piece at a time, letting each piece melt before adding the next. (If you add the cheese too quickly or stop whisking, the sauce may break.)Stir the reserved cornstarch mixture, and then whisk it into the cheese sauce. Increase the heat to medium and, whisking occasionally, bring the mixture to a simmer. Taste and season with salt and pepper as needed.
- Remove from the heat and transfer to a serving dish.
- Transfer the spicy butter sauce to another serving dish and pass both sauces with the carved turkey.

Nutrition Facts

PROTEIN 44.03% **FAT 54.68%** **CARBS 1.29%**

Properties

Glycemic Index:10.75, Glycemic Load:0.26, Inflammation Score:-8, Nutrition Score:40.639999796515%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 5.72mg, Luteolin: 5.72mg, Luteolin: 5.72mg, Luteolin: 5.72mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 1111kcal (55.55%), Fat: 66.73g (102.67%), Saturated Fat: 31.32g (195.76%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 3.37g (1.22%), Sugar: 1.92g (2.13%), Cholesterol: 482.35mg (160.78%), Sodium: 2041.16mg (88.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 120.9g (241.81%), Vitamin B3: 40.29mg (201.44%), Selenium: 117.22µg (167.45%), Vitamin B6: 3.21mg (160.45%), Vitamin B12: 6.83µg (113.81%), Phosphorus: 1102.46mg (110.25%), Vitamin B2: 1.17mg (68.76%), Zinc: 10.25mg (68.34%), Vitamin B5: 4.87mg (48.71%), Potassium: 1307.93mg (37.37%), Magnesium: 144.68mg (36.17%), Vitamin A: 1559.96IU (31.2%), Iron: 5mg (27.76%), Calcium: 255.22mg (25.52%), Copper: 0.44mg (21.8%), Vitamin B1: 0.27mg (18.22%), Vitamin D: 2.66µg (17.75%), Folate: 49.84µg (12.46%), Vitamin E: 1.33mg (8.85%), Manganese: 0.14mg (7.07%), Vitamin K: 3.39µg (3.23%)