



Butterflied Turkey with Fennel, Sausage, and Ricotta Stuffing

READY IN



45 min.

SERVINGS



10

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bread fresh french country-style crustless
- 0.5 cup wine dry white
- 2 large eggs
- 2 medium fennel bulb fresh diced trimmed chopped
- 1 tablespoon fennel seeds
- 2 teaspoons rosemary leaves fresh minced
- 2 teaspoons sage fresh chopped
- 5 garlic clove thinly sliced

- 2 teaspoons pepper black
- 1.5 pounds ground sausage sweet italian
- 2 cups leek white green chopped (and pale parts only)
- 3 tablespoons olive oil
- 1 cup parmesan cheese freshly grated
- 1 tablespoon salt
- 0.5 cup shallots chopped
- 1 cup ricotta cheese
- 12 pound turkey stock for ultimate turkey stock turkey stock

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- grill
- kitchen thermometer
- slotted spoon

Directions

- Heat oil in large skillet overmedium-high heat.
- Add sausage. Sautéuntil cooked through, about 6 minutes.Using slotted spoon, transfer to bowl.
- Adddiced fennel, leeks, and shallots to skillet.Sauté 8 minutes.
- Add garlic and wine. Boil 3minutes, scraping up browned bits. Scrapeinto bowl with sausage. Cool. DO AHEAD: Canbe made 1 day ahead. Cover; chill.
- Mix breadcrumbs, Parmesan, andricotta into stuffing.
- Whisk eggs, sage,rosemary, 1 teaspoon salt, pepper, andfennel fronds in bowl. Stir into stuffing.

- Mix fennel seeds, rosemary, salt, and pepper, then oil in small bowl. Rinse turkey; pat dry.
- Place turkey, skin side down, on work surface.
- Spread half of fennel oil over flesh side. Turn turkey over onto larger rimmed baking sheet. Tuck wing tips under.
- Starting at neck end, run fingers gently under skin of breast, thigh, and legs.
- Spread stuffing under skin. Massage to even out thickness of stuffing.
- Spread fennel oil over turkey skin.
- Set rack at lowest position in oven and preheat to 350°F.
- Pour 1 cup stock or broth onto baking sheet under turkey.
- Roast turkey until thermometer inserted into thickest part of thigh registers 160°F to 165°F, adding stock by cupfuls if pan is dry, 2 to 2 1/2 hours.
- Transfer turkey to platter; let rest 30 to 45 minutes. Reserve baking sheet with juices. While turkey rests, prepare
 - Fennel Pan Gravy.
 - Serve turkey with gravy.
- Prepare barbecue (medium heat).
- Remove top grill rack. If using charcoal, light briquettes in chimney. When covered with white ash, push to opposite sides of bottom rack.
- Place disposable aluminum pan in center of rack (you will need to light additional briquettes, checking every 30 minutes during grilling time). Replace top rack. If using 3-burner gas grill, light burners on left and right sides, leaving center burner off. If using 2-burner gas grill, light burner on 1 side; place disposable pan over unlit side.
- Place turkey, skin side up, on rack over pan; cover. Insert instant-read thermometer into hole in hood. Maintain temperature at 350°F on charcoal grill by opening and closing vents or adjusting temperature on gas grill with controls. Grill until thermometer inserted into thickest part of thigh registers 160°F to 165°F, tenting with foil if browning too quickly, 1 3/4 to 2 hours.
- Transfer turkey to platter; let rest 30 to 45 minutes (internal temperature will rise 5 to 10 degrees).
- Serve grilled turkey with
 - Mixed-Mushroom and Tarragon Gravy.

Nutrition Facts

PROTEIN 20.08% FAT 50.76% CARBS 29.16%

Properties

Glycemic Index:29.77, Glycemic Load:14.71, Inflammation Score:-7, Nutrition Score:33.025652139083%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 747.34kcal (37.37%), Fat: 41.45g (63.77%), Saturated Fat: 14.32g (89.49%), Carbohydrates: 53.58g (17.86%), Net Carbohydrates: 49.13g (17.87%), Sugar: 15.02g (16.69%), Cholesterol: 126.59mg (42.2%), Sodium: 2438.1mg (106%), Alcohol: 1.24g (100%), Alcohol %: 0.2% (100%), Protein: 36.89g (73.78%), Copper: 1.73mg (86.36%), Selenium: 53.54µg (76.48%), Vitamin B3: 13.96mg (69.78%), Vitamin B1: 0.81mg (54.1%), Vitamin B2: 0.85mg (50.25%), Manganese: 1mg (49.85%), Phosphorus: 471.9mg (47.19%), Vitamin K: 44.99µg (42.85%), Vitamin B6: 0.76mg (37.87%), Potassium: 1165.96mg (33.31%), Calcium: 286.77mg (28.68%), Iron: 5.1mg (28.36%), Folate: 109.46µg (27.36%), Zinc: 3.55mg (23.68%), Magnesium: 78.84mg (19.71%), Fiber: 4.45g (17.78%), Vitamin B12: 0.93µg (15.46%), Vitamin C: 11.84mg (14.35%), Vitamin A: 631.76IU (12.64%), Vitamin B5: 1.16mg (11.62%), Vitamin E: 1.49mg (9.91%), Vitamin D: 0.3µg (2%)