



Countdown Roasted Thanksgiving Turkey, My Way



Gluten Free



Dairy Free

READY IN



1780 min.

SERVINGS



12

CALORIES



1182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots
- ☐ 3 stalks celery
- ☐ 4 tablespoons cider vinegar
- ☐ 1 teaspoon sea salt
- ☐ 2.5 cups duck fat cold
- ☐ 3 bay leaves fresh chopped
- ☐ 1 bunch rosemary fresh

- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 0.3 cup sage leaves fresh chopped
- ☐ 1 bunch thyme leaves fresh
- ☐ 0.3 cup thyme leaves fresh chopped
- ☐ 4 granny smith apples
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 1 lemon zest
- ☐ 2 onions
- ☐ 20 pound turkey organic

Equipment

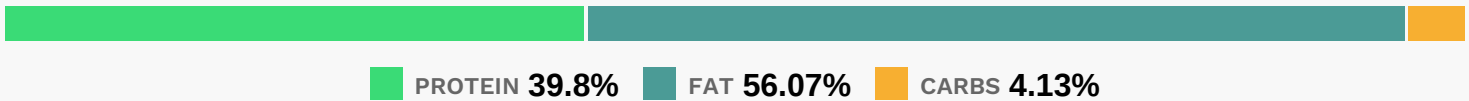
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ roasting pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Separate the turkey legs from the breast, keeping the backbone intact and the legs still attached in the center.
- ☐ Cut the remaining backbone piece from the breast and save (use it in the roasting pan when you cook the turkey). Peel the carrots and onions and roughly chop. Roughly chop the celery.
- ☐ Cut the apples in quarters and remove the cores.
- ☐ Place 1/3 of the vegetables and apples in a container large enough to accommodate the turkey with the vegetables and apples. Season the turkey inside and out with salt and pepper. Rub the cider vinegar into the turkey.
- ☐ Place the breast into the container and top with 1/3 of the vegetables and apples.
- ☐ Add the legs and top with the remaining vegetables and apples.

- ☐ Place in the refrigerator and let marinate overnight.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Remove the turkey from the refrigerator 1 hour before cooking so the turkey can come to room temperature.
- ☐ Place the vegetables and apples into the bottom of a roasting pan.
- ☐ Place the legs, skin side up, on top of the vegetables, being sure there is room to add the breast later.
- ☐ Put the legs in the oven to cook first, about 1 hour 45 minutes.
- ☐ While the legs are cooking, make the Herb Compound Duck Fat.
- ☐ Place the cold duck fat in the bowl of a standing mixer with a paddle attachment.
- ☐ Add all the chopped herbs and lemon zest.
- ☐ Add the salt and pepper and mix for 1 minute until herbs are evenly dispersed.
- ☐ Place the duck fat-herb mixture in a thick line along the long side of an 18-inch long piece of plastic wrap.
- ☐ Roll into a tube, twist the ends until tight, and then place in the refrigerator to set but not get hard, 30 to 40 minutes.
- ☐ Slide your hand underneath the skin on top of the turkey breast to separate the skin from the breast.
- ☐ Cut one of the ends off the duck fat tube. Squeeze half of the mixture under the skin on top of one of the breasts and the remaining onto the other breast.
- ☐ After the legs have cooked, place the thyme and rosemary in the roasting pan.
- ☐ Place the breast on top of the herbs. Roast until both the legs and breast reach an internal temperature of 165 degrees F, about 2 hours and 30 minutes longer. Once you remove the bird from the oven, let it rest for 15 minutes before cutting it. Now dig in and have a great day.

Nutrition Facts



Properties

Glycemic Index:27.65, Glycemic Load:3.07, Inflammation Score:-10, Nutrition Score:43.284782658453%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 1182.32kcal (59.12%), Fat: 73.14g (112.52%), Saturated Fat: 22.09g (138.03%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 9.52g (3.46%), Sugar: 8.07g (8.96%), Cholesterol: 429.17mg (143.06%), Sodium: 811.9mg (35.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 116.81g (233.62%), Vitamin B3: 41.2mg (206.01%), Vitamin B6: 3.29mg (164.58%), Selenium: 114.58µg (163.68%), Vitamin B12: 6.55µg (109.14%), Phosphorus: 1002.89mg (100.29%), Zinc: 9.69mg (64.58%), Copper: 1.28mg (63.91%), Vitamin B2: 1.03mg (60.79%), Vitamin B5: 4.48mg (44.8%), Vitamin A: 2155.3IU (43.11%), Potassium: 1372.93mg (39.23%), Magnesium: 145.14mg (36.28%), Iron: 5.12mg (28.42%), Vitamin D: 3.66µg (24.4%), Vitamin B1: 0.29mg (19.16%), Folate: 49.68µg (12.42%), Vitamin E: 1.85mg (12.31%), Manganese: 0.24mg (11.83%), Fiber: 2.61g (10.43%), Vitamin C: 7.86mg (9.52%), Calcium: 85.29mg (8.53%), Vitamin K: 6.12µg (5.83%)