



Dry-Cured Rosemary Turkey

 Gluten Free

READY IN



210 min.

SERVINGS



14

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons anise seeds
- ☐ 1 tablespoon peppercorns black
- ☐ 3 tablespoons marjoram dried
- ☐ 3 tablespoons thyme leaves dried
- ☐ 12 cloves garlic peeled
- ☐ 14 servings pan gravy
- ☐ 3 tablespoons juniper berries dried
- ☐ 3 tablespoons kosher salt

- ☐ 12 rosemary sprigs fresh (3 in. each)
- ☐ 14 lb turkey
- ☐ 0.3 lb butter unsalted at room temperature

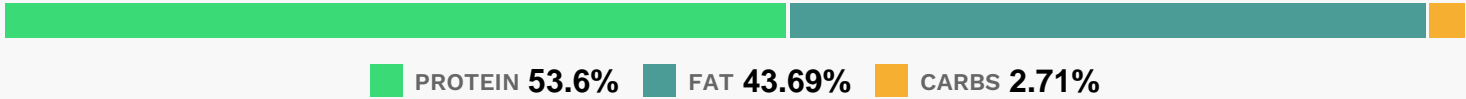
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Three days before serving, in a blender or spice grinder, finely grind salt, marjoram, thyme, juniper berries, peppercorns, and anise seeds.
- ☐ Remove and discard leg truss from turkey. Pull off and discard any lumps of fat.
- ☐ Remove giblets and neck; save neck for gravy. Rinse turkey inside and out; pat dry.
- ☐ Cut off wing tips to the first joint and reserve for gravy. Rub half the herb mixture all over turkey; sprinkle remaining in body cavity. Cover and chill for 3 days.
- ☐ Preheat oven to 325 (convection not recommended). Put rosemary sprigs and garlic inside turkey body cavity. Gently push your hand between skin and turkey breast to separate skin from breast.
- ☐ Spread about half the butter over breast under skin. Melt remaining butter and brush lightly over top of turkey. Coat a V-shaped rack with cooking-oil spray and set in a 12- by 17-inch roasting pan.
- ☐ Place turkey, breast down, on the rack. Roast turkey for 1 3/4 hours.
- ☐ Meanwhile, cook turkey wing tips and neck for pan gravy.
- ☐ Remove turkey from oven and turn breast side up. Return to oven. Roast until a meat thermometer inserted straight down through thickest part of breast to the bone registers 160, 45 to 60 minutes longer.
- ☐ Tip turkey to drain juices from cavity into pan and transfer to a platter.
- ☐ Let stand in a warm place, uncovered, for 15 to 30 minutes. Finish gravy, then carve turkey.

Nutrition Facts



Properties

Glycemic Index:4.79, Glycemic Load:0.33, Inflammation Score:-8, Nutrition Score:30.087825941003%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 533.21kcal (26.66%), Fat: 25.49g (39.22%), Saturated Fat: 8.94g (55.86%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.28g (0.31%), Cholesterol: 249.37mg (83.12%), Sodium: 1862.77mg (80.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.35g (140.71%), Vitamin B3: 24.68mg (123.41%), Vitamin B6: 1.98mg (98.89%), Selenium: 69.15µg (98.79%), Vitamin B12: 3.94µg (65.71%), Phosphorus: 601.22mg (60.12%), Zinc: 5.87mg (39.16%), Vitamin B2: 0.61mg (35.86%), Vitamin B5: 2.66mg (26.55%), Iron: 4.47mg (24.85%), Potassium: 766.79mg (21.91%), Magnesium: 87.21mg (21.8%), Vitamin K: 19.14µg (18.23%), Copper: 0.28mg (14.25%), Manganese: 0.28mg (14.12%), Vitamin B1: 0.17mg (11.19%), Vitamin A: 480IU (9.6%), Calcium: 75.41mg (7.54%), Vitamin D: 1.09µg (7.25%), Folate: 27.47µg (6.87%), Vitamin E: 0.56mg (3.72%), Fiber: 0.89g (3.55%), Vitamin C: 1.7mg (2.06%)