



## Morton Thompson Turkey

READY IN



330 min.

SERVINGS



10

CALORIES



1405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 apples diced cored peeled
- 1 cup apple cider for replenishing for basting as it simmers down
- 1 bay leaves
- 1 bay leaves crushed
- 1 teaspoon pepper black
- 1.5 lbs breadcrumbs fresh for 16 # turkey
- 0.3 lb butter
- 2 tablespoons canola oil
- 2 teaspoons caraway seeds

- 6 rib celery stalks chopped
- 3 teaspoons celery seed
- 2 teaspoons ground mustard dry
- 10 servings turkey
- 2 egg yolk
- 1 garlic clove crushed
- 1 garlic clove minced
- 4 garlic clove minced crushed
- 3 tablespoons ginger chopped
- 0.5 teaspoon ground coriander
- 10 servings pepper fresh black
- 0.3 lb ground pork cooked
- 0.8 lb ground veal cooked
- 1 teaspoon onion
- 0.5 lemon zest
- 0.5 teaspoon mace
- 0.5 teaspoon marjoram minced
- 1 teaspoon mustard dried
- 4 large onion chopped
- 1 cranberry-orange relish diced peeled
- 2.5 teaspoons oregano
- 1 teaspoon paprika
- 4 tablespoons parsley minced
- 20 ounces pineapple unsweetened crushed drained
- 2 teaspoons poppy seeds
- 1 tablespoon poultry seasoning
- 0.5 teaspoon salt
- 1 teaspoon salt
- 10 servings salt

- 0.5 teaspoon summer savory
- 16 lbs turkey fresh whole dry rinsed
- 10 servings turkey giblets
- 0.5 teaspoon turmeric
- 4 cups water
- 10 ounces water chestnuts drained chopped

## Equipment

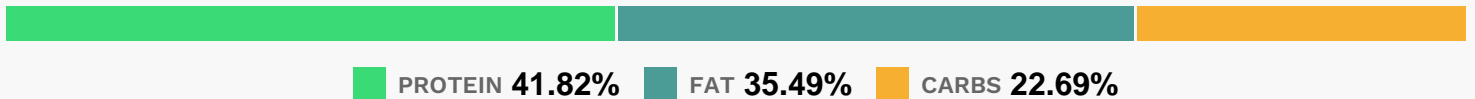
- bowl
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- stove

## Directions

- Preheat oven to 500F. Chop fine the reserved turkey fat. In a small saucepan set over moderate heat, combine the reserved fat with 1/2 cup of the water; bring to a boil and simmer until all the water has evaporated and only clear fat and small pieces of solid remain. Reserve fat for stuffing. Season the inside of the turkey with salt and pepper. Rub the skin all over with the oil and season with salt and pepper. Prepare the giblets for the basting liquid. Bring to a boil and simmer the entire time you for basting.
- Add more water as needed. Meat
- Combine all ingredients noted above. Prep Bowl of Breadcrumbs and COOKED meat mixture. In a VERY large bowl combine ingredients from all three bowls listed above.
- Mix it well. (As Morten said, "
- Mix it with your hands.
- Mix it until your forearms and wrists ache. Then mix it some more. Now toss it enough so that it isn't any longer a doughy mass. "). Loosely stuff the turkey. Stuff the neck cavity and sew closed the openings. Tie legs together. In a separate bowl: Make the PASTE with ingredients listed above.

- Combine all ingredients for paste in a bowl, adding enough flour to form a thick paste. In a large open roasting pan with a rack: Arrange turkey breast side down on a rack sitting in a shallow roasting pan. NOTE: Continually add water to the bottom of roasting pan so drips do not smoke and set off your smoke alarm! I don't think Morton had to worry about that, but we sure have to! Preheat oven to 50
- Put the turkey in the oven and roast it for 15 minutes, or until browned. Turn it breast side up and roast for an additional 15 minutes.
- Remove from oven. Now that it's nice and brown, using a pastry or paint brush coat the turkey completely with the paste -- in every nook and cranny. Reduce oven temperature to 325F. To the simmering basting liquid, continue to add cider and water and reduce until all cider has been added.
- Remove from heat but keep warm on top of stove. \*This is your basting liquid. Roast the bird, basting it frequently, (the original recipe says every 15 minutes) for 4 1/2 to 5 hours, or until an instant meat thermometer reads 180 to 185 in the thigh; 170 in the breast and 160 in the stuffing.
- Let rest at least 15 to 20 minutes, before peeling away crust/skin. Make gravy as usual.
- Remove the dressing. Carve as usual & enjoy!

## Nutrition Facts



### Properties

Glycemic Index: 51.42, Glycemic Load: 3.79, Inflammation Score: -10, Nutrition Score: 56.67434775311%

### Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Apigenin: 3.94mg, Apigenin: 3.94mg, Apigenin: 3.94mg, Apigenin: 3.94mg Luteolin: 4.66mg, Luteolin: 4.66mg, Luteolin: 4.66mg, Luteolin: 4.66mg Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 13.18mg, Quercetin: 13.18mg, Quercetin: 13.18mg, Quercetin: 13.18mg

## Nutrients (% of daily need)

Calories: 1404.86kcal (70.24%), Fat: 54.83g (84.35%), Saturated Fat: 17.62g (110.15%), Carbohydrates: 78.88g (26.29%), Net Carbohydrates: 70.96g (25.8%), Sugar: 21.91g (24.35%), Cholesterol: 517.11mg (172.37%), Sodium: 1817.21mg (79.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 145.35g (290.7%), Vitamin B3: 52.23mg (261.14%), Selenium: 150.46µg (214.94%), Vitamin B6: 4mg (199.91%), Vitamin B12: 8.02µg (133.6%), Phosphorus: 1331.88mg (133.19%), Vitamin B2: 1.56mg (92.05%), Zinc: 13.25mg (88.35%), Vitamin B1: 1.19mg (79.06%), Vitamin B5: 5.96mg (59.61%), Iron: 10.68mg (59.31%), Manganese: 1.12mg (56.17%), Magnesium: 219.77mg (54.94%), Potassium: 1921.86mg (54.91%), Copper: 0.88mg (44.04%), Vitamin K: 41.94µg (39.94%), Folate: 154.59µg (38.65%), Fiber: 7.92g (31.67%), Calcium: 288.31mg (28.83%), Vitamin C: 22.14mg (26.83%), Vitamin A: 1133.12IU (22.66%), Vitamin E: 2.04mg (13.63%), Vitamin D: 1.93µg (12.86%)