



NoCal Smoked Roasted Turkey with Pumpkin Sage Gravy

READY IN



195 min.

SERVINGS



12

CALORIES



898 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds bacon cut into large dice
- ☐ 1 bay leaf crumbled
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 2 teaspoons cracked coriander seeds toasted
- ☐ 1 tablespoon sage dried
- ☐ 1 bulb fennel fresh sliced
- ☐ 2 teaspoons cracked fennel seeds toasted
- ☐ 0.3 bunch sage fresh for garnish

- ☐ 6 sage leaves fresh divided
- ☐ 0.5 bunch thyme leaves fresh
- ☐ 1 head garlic split
- ☐ 2 cloves garlic smashed
- ☐ 0.3 cup garlic powder
- ☐ 2 tablespoons herbs de provence
- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 1 quart chicken broth low-sodium
- ☐ 1 lemon zest halved
- ☐ 12 servings olive oil extra-virgin
- ☐ 1 medium onion sliced
- ☐ 0.3 cup onion powder
- ☐ 2 cups pumpkin fresh diced
- ☐ 4 sprigs rosemary
- ☐ 2 tablespoons salt smoked
- ☐ 4 teaspoons sugar
- ☐ 12 pounds turkey fresh
- ☐ 2 tablespoons butter unsalted cold cut into cubes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

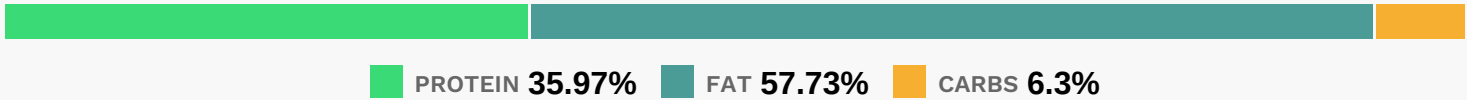
- ☐ stove
- ☐ mortar and pestle
- ☐ kitchen twine

Directions

- ☐ Special equipment: 2 cups applewood smoking chips, soaked in water
- ☐ Preheat the oven to 350 degrees F.
- ☐ To set up the smoker: Take your turkey roaster and line it with aluminum foil.
- ☐ Drain the applewood chips and add to the bottom of the pan.
- ☐ Put the pan over high heat on the stove-top. The chips will begin to smolder and smoke.
- ☐ For spice mix: In a small bowl add the first 5 ingredients and mix well.
- ☐ Combine the remaining ingredients in a mortar and pestle and mash until you have the texture of coarse sand.
- ☐ Add this mixture to the spice bowl.
- ☐ Prepare the turkey. Wash the bird inside and out under cold running water. Pat dry with paper towels and season inside the cavity well with the spice mix. Stuff the bird with sliced fennel, lemon, garlic, bay, sage, rosemary and thyme. Pin the wings back behind the base of the breast. Truss the bird using kitchen twine. Coat the turkey in olive oil and season all over the outside with the remaining spice mix.
- ☐ Once the chips start smoking arrange the turkey on a rack and put it over the smoking chips. Reduce the heat to medium and cover the whole pan with foil so the smoke encapsulates the entire bird. Turn the temperature down slightly and smoke for 10 to 15 minutes. Once done, remove the foil and lift the whole rack with the turkey out of the pan. Discard the foil with the chips. (Make sure you put the chips out by submerging in water before discarding.)
- ☐ Put the rack back into the roaster pan and roast in the preheated oven for 2 1/2 to 3 hours. An instant-read thermometer inserted into the meaty part of the thigh should register 170 degrees F. If the legs or breast brown too quickly during roasting, cover them with foil.
- ☐ When done, remove the turkey from the oven and set aside to rest.
- ☐ Transfer to a platter and garnish with sage.
- ☐ In a large pan over medium heat add the bacon. Cook for 5 minutes until the bacon is beginning to crisp.
- ☐ Add the onions, garlic, 3 torn sage leaves, and the pumpkin.

- Saute until the onions caramelize, about 5 minutes.
- Pour the chicken stock into pan to deglaze and simmer until the pumpkin is completely soft, about 10 to 12 minutes. Once the pumpkin is tender, pour the gravy through fine mesh strainer, into a bowl. Press the solids with a spoon to extract all the liquid and pulp possible. Return the gravy to the pot and continue to simmer and reduce by half, about 15 minutes. Season with salt and pepper, to taste, and add the remaining 3 whole fresh sage leaves. Stir in the butter and once combined pour the gravy into a serving bowl or pitcher.

Nutrition Facts



Properties

Glycemic Index:40.3, Glycemic Load:2.8, Inflammation Score:-9, Nutrition Score:39.024347678475%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 897.91kcal (44.9%), Fat: 57.39g (88.29%), Saturated Fat: 15.62g (97.6%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 11.66g (4.24%), Sugar: 3.64g (4.04%), Cholesterol: 274.31mg (91.44%), Sodium: 1939.72mg (84.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 80.45g (160.89%), Vitamin B3: 28.33mg (141.66%), Selenium: 82.32µg (117.6%), Vitamin B6: 2.27mg (113.25%), Phosphorus: 753.59mg (75.36%), Vitamin B12: 4.3µg (71.59%), Copper: 1.12mg (56.22%), Zinc: 6.97mg (46.43%), Vitamin B2: 0.72mg (42.09%), Vitamin A: 1979.08IU (39.58%), Vitamin K: 36.11µg (34.39%), Potassium: 1179.24mg (33.69%), Vitamin B5: 3.12mg (31.19%), Iron: 5.08mg (28.22%), Magnesium: 107.74mg (26.93%), Vitamin B1: 0.37mg (24.85%), Manganese: 0.4mg (20.22%), Vitamin E: 3.03mg (20.21%), Calcium: 102.36mg (10.24%), Folate: 39.13µg (9.78%), Fiber: 2.44g (9.77%), Vitamin C: 7.1mg (8.61%), Vitamin D: 1.23µg (8.19%)