



HEALTH SCORE

55%

## Roast Turkey with Prosciutto-Hazelnut Crust

READY IN



45 min.

SERVINGS



12

CALORIES



1591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 1 bay leaf
- ☐ 1 tablespoon peppercorns black crushed
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 garlic cloves peeled halved
- ☐ 3 green onions chopped

- ☐ 6 tablespoons hazelnuts chopped
- ☐ 5 cups low-salt chicken broth ()
- ☐ 1 onion quartered
- ☐ 9 ounces pancetta thinly sliced chopped
- ☐ 0.8 teaspoon salt
- ☐ 3 large shallots finely chopped
- ☐ 1.5 tablespoons sherry wine vinegar
- ☐ 2 large summer savory sprigs fresh
- ☐ 1 large thyme sprig fresh
- ☐ 5 large thyme sprigs fresh
- ☐ 16 pound turkey
- ☐ 16 pound neck
- ☐ 1.5 cups butter unsalted room temperature (3 sticks)

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

## Directions

- ☐ Place butter in large bowl.
- ☐ Mix in hazelnuts, vinegar, thyme, crushed pepper, garlic, and salt.
- ☐ Mix in prosciutto and green onions.

- ☐ Melt 2 tablespoons prosciutto butter in heavy large pot over medium-high heat.
- ☐ Add neck, heart, gizzard, shallots, and bay leaf; sauté until brown, about 20 minutes.
- ☐ Add wine, thyme, and rosemary; boil until liquid is reduced almost to glaze, about 3 minutes.
- ☐ Add 4 cups broth; bring to boil. Reduce heat to medium-low, cover, and simmer until giblets and neck are tender, about 1 hour. Discard bay leaf and thyme sprig.
- ☐ Transfer neck and giblets to work surface. Chop enough giblets to measure 1 cup.
- ☐ Remove meat from neck and chop.
- ☐ Combine neck meat and chopped giblets in bowl with broth from pot. (Prosciutto butter and gravy base can be made 1 day ahead. Cover and chill butter; bring to room temperature before using. Chill gravy base until cold, then cover and keep chilled.)
- ☐ Set rack at lowest position in oven and preheat to 325°F. Rinse turkey inside and out; pat dry. Starting at neck end, slide hand between skin and breast, thigh, and leg meat to loosen skin. Set aside 1/4 cup prosciutto butter for gravy.
- ☐ Spread 1 cup prosciutto butter over turkey meat under skin.
- ☐ Spread 1 cup prosciutto butter over outside of turkey.
- ☐ Sprinkle turkey inside and out with salt and pepper; place on rack set in large roasting pan.
- ☐ Place onion and next 4 ingredients in main turkey cavity. Tuck wing tips under; tie legs together loosely.
- ☐ Roast turkey uncovered 1 1/2 hours. Tent turkey with foil; add 2 cups broth to pan. Roast until thermometer inserted into thickest part of thigh registers 175°F, occasionally basting with pan drippings and adding more broth to pan, about 2 hours longer.
- ☐ Transfer to platter; tent with foil.
- ☐ Let stand 30 minutes (internal temperature will increase 5 to 10 degrees).
- ☐ Strain pan juices into 8-cup measuring cup; spoon fat off top.
- ☐ Add reserved gravy base.
- ☐ Add enough chicken broth to mixture to measure 5 cups total. Melt reserved 1/4 cup prosciutto butter in heavy large pot over medium-high heat.
- ☐ Add flour; whisk 1 minute. Gradually add pan-juice mixture, whisking constantly. Boil, whisking frequently, until gravy is very slightly thickened, about 5 minutes. Season with salt and pepper.
- ☐ Serve turkey with gravy.

# Nutrition Facts

 **PROTEIN 49.48%**  **FAT 48.41%**  **CARBS 2.11%**

## Properties

Glycemic Index:35.08, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:50.719130039215%

## Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

## Nutrients (% of daily need)

Calories: 1590.68kcal (79.53%), Fat: 83.63g (128.66%), Saturated Fat: 30.38g (189.89%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 6.74g (2.45%), Sugar: 2.04g (2.27%), Cholesterol: 693.38mg (231.13%), Sodium: 1283.85mg (55.82%), Alcohol: 2.06g (100%), Alcohol %: 0.25% (100%), Protein: 192.3g (384.61%), Vitamin B3: 68.1mg (340.48%), Selenium: 188.83µg (269.76%), Vitamin B6: 5.31mg (265.35%), Vitamin B12: 10.73µg (178.84%), Phosphorus: 1671.36mg (167.14%), Zinc: 15.93mg (106.19%), Vitamin B2: 1.68mg (98.86%), Vitamin B5: 7.23mg (72.34%), Potassium: 2174.98mg (62.14%), Magnesium: 236.48mg (59.12%), Iron: 8.6mg (47.76%), Copper: 0.85mg (42.44%), Vitamin B1: 0.54mg (35.98%), Manganese: 0.65mg (32.25%), Vitamin A: 1294.54IU (25.89%), Vitamin D: 3.09µg (20.58%), Folate: 78.05µg (19.51%), Vitamin E: 2.3mg (15.36%), Calcium: 134.47mg (13.45%), Vitamin K: 10.46µg (9.96%), Fiber: 1.45g (5.81%), Vitamin C: 4.2mg (5.09%)