



Roast Wild Turkey with Blue Cornbread-Shrimp Stuffing

READY IN



45 min.

SERVINGS



10

CALORIES



1106 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings pepper black freshly ground to taste
- ☐ 0.3 cup carrots diced
- ☐ 0.3 cup celery diced
- ☐ 2 teaspoons cilantro leaves chopped
- ☐ 8 cups cornbread
- ☐ 6 cloves garlic minced
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon sage minced

- ☐ 10 servings salt to taste
- ☐ 4 serrano chiles minced seeded
- ☐ 1 pound shrimp shelled deveined
- ☐ 1 teaspoon thyme leaves minced
- ☐ 1 turkey wild
- ☐ 0.5 cup chicken stock see
- ☐ 10 servings butter unsalted at room temperature
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup irish whiskey

Equipment

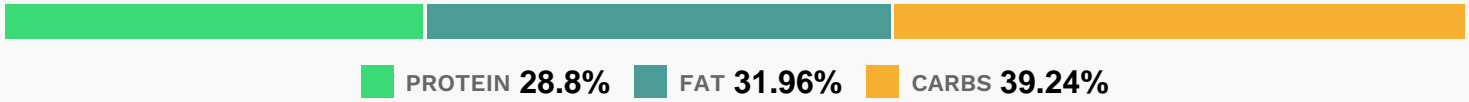
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F.
- ☐ To make the stuffing, heat the vegetable oil in a skillet and sauté the shrimp over medium heat until cooked through, about 1 minute.
- ☐ Let cool, dice, and set aside.
- ☐ In a large skillet, melt the butter and sauté the onions, celery, carrot, serranos, garlic and chayote over high heat for 2 to 3 minutes. Deglaze the vegetables with the bourbon and continue cooking over high heat for 1 minute or until the liquid evaporates.
- ☐ Remove the skillet from the heat and add the thyme, sage, cilantro, shrimp, and crumbled blue corn sticks. Moisten with the stock and season with salt. Stir to combine.
- ☐ Wash the turkey well and season the cavity with salt and pepper. Stuff the turkey and truss with a needle and string. Rub the turkey generously with the softened butter and season the outside of the turkey with more salt and pepper.

- ☐ Place the turkey on a rack in a roasting pan, cover tightly with foil, and roast in the oven for 2 1/2 to 3 1/2 hours. Baste well with butter periodically
- ☐ Remove the foil in the last hour of cooking to allow the turkey to brown. When done, transfer the turkey to a platter and let it rest for 10 to 15 minutes before carving.
- ☐ Remove the string and serve the turkey with the stuffing and a gravy made from the giblets.
- ☐ Reprinted with permission from The New Texas Cuisine by Stephan Pyles. © 1993 Doubleday

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:40.181304599928%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 1105.55kcal (55.28%), Fat: 38.52g (59.25%), Saturated Fat: 13.7g (85.64%), Carbohydrates: 106.36g (35.46%), Net Carbohydrates: 101.42g (36.88%), Sugar: 31.61g (35.12%), Cholesterol: 377.49mg (125.83%), Sodium: 1693.18mg (73.62%), Alcohol: 2.12g (100%), Alcohol %: 0.5% (100%), Protein: 78.09g (156.17%), Phosphorus: 1323.65mg (132.37%), Vitamin B3: 23.75mg (118.75%), Selenium: 72.01µg (102.87%), Vitamin B6: 1.77mg (88.61%), Vitamin B12: 3.59µg (59.77%), Copper: 1.15mg (57.4%), Vitamin B2: 0.83mg (48.98%), Zinc: 6.56mg (43.72%), Iron: 6.15mg (34.16%), Vitamin B1: 0.5mg (33.59%), Calcium: 326.41mg (32.64%), Vitamin B5: 3.24mg (32.45%), Folate: 128.16µg (32.04%), Magnesium: 117.11mg (29.28%), Potassium: 1020.58mg (29.16%), Manganese: 0.57mg (28.29%), Vitamin A: 1164.05IU (23.28%), Fiber: 4.95g (19.8%), Vitamin K: 11.64µg (11.09%), Vitamin E: 1.48mg (9.86%), Vitamin D: 0.85µg (5.65%), Vitamin C: 3.63mg (4.4%)