



Roasted Turkey a la Tangerine

READY IN



405 min.

SERVINGS



12

CALORIES



1165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon peppercorns whole black
- 1 carrots peeled coarsely chopped
- 3 large carrots cut into 1-inch pieces
- 1 stalk celery coarsely chopped
- 3 large stalks celery cut into 1-inch pieces
- 2 cups champagne vinegar
- 5 cups chicken stock see warmed homemade
- 6 cups chicken stock see homemade
- 1 cup cooking wine dry white

- 1 finely grated zest of 1 tangerine finely grated
- 2 finely grated zest of 2 tangerines finely grated
- 0.3 cup flour
- 1 bunch flat-leaf parsley fresh
- 1 bunch rosemary fresh
- 1 bunch sage fresh
- 1 bunch thyme leaves fresh
- 2 cloves garlic chopped
- 2 cups r honey
- 12 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil
- 12 servings olive oil for brushing turkey
- 1 medium onion spanish coarsely chopped
- 2 medium onions quartered
- 2 tablespoons orange liqueur such as grand marnier
- 1 teaspoon pink peppercorns crushed
- 4 cups tangerine juice fresh
- 17 pound turkey fresh whole dry rinsed well
- 2 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- pot
- sieve

- roasting pan
- wooden spoon
- kitchen thermometer
- aluminum foil
- broiler

Directions

- Watch how to make this recipe.
- Combine the tangerine juice and vinegar in a medium nonreactive saucepan over high heat. Cook until reduced by half.
- Add the honey and continue cooking until reduced to 2 cups. Stir in the tangerine zest and salt and pepper to taste, and transfer to a bowl to cool. Reserve 1/4 cup for the gravy and use the rest for the turkey.
- Remove the turkey from the refrigerator 1 hour before roasting. Preheat the oven to 450 degrees F.
- Brush the entire turkey with oil and sprinkle liberally with salt and pepper.
- Sprinkle the cavity of the turkey with salt and pepper and fill with the parsley, rosemary, sage, thyme and half of the carrots, celery and onions.
- Put 3 cups of the chicken stock in a medium saucepan and keep warm over low heat.
- Place the remaining carrots, celery and onions on the bottom of a large roasting pan. Set the turkey on top of the vegetables and roast until lightly golden brown, about 45 minutes.
- Reduce the heat to 350 degrees F and continue roasting, basting with the warm chicken stock every 15 minutes. When the breasts register 150 degrees F on an instant-read thermometer, begin basting the turkey with some of the gastrique. Continue roasting and basting with the gastrique until the breasts register 160 degrees F, 2 1/4 to 2 1/2 hours.
- Remove the turkey from the oven and transfer to a baking sheet, keeping the oven at 350 degrees F.
- Remove the legs and transfer to a roasting pan. Tent the turkey loosely with foil and let rest 30 minutes before slicing.
- Strain the pan drippings into a bowl and discard the solids.
- Add enough stock to make 4 cups liquid. In a pot over medium-high heat, bring the liquid to a simmer.

- Transfer the simmering liquid to the roasting pan with the legs, cover with foil and braise in the oven until tender, about 1 hour.
- Remove the legs from the braising liquid and transfer to a baking sheet, reserving the braising liquid for the gravy. Switch the oven to broil.
- Brush the legs with some of the gastrique and place under the broiler until glazed and crispy, about 8 minutes.
- For the gravy: In a saucepan, combine the turkey leg braising liquid with enough warm stock to make 7 cups and keep warm over low heat.
- In a large saucepan over medium heat, heat the butter and oil until the oil begins to shimmer.
- Add the carrots, celery and onions and cook until soft, about 5 minutes.
- Add the garlic and cook for 30 seconds.
- Whisk in the flour and cook until lightly golden brown, about 5 minutes.
- Whisk in the wine and cook until reduced by two-thirds.
- Whisk in the hot stock and black peppercorns and cook until thickened. Bring to a simmer and continue cooking, stirring occasionally, until the flour taste has been cooked out and the gravy coats the back of a wooden spoon, about 8 minutes.
- Strain the mixture through a fine sieve into a clean saucepan, bring to a simmer and cook until slightly reduced.
- Add the reserved 1/4 cup tangerine gastrique, the orange liqueur and pink peppercorns and cook for an additional minute. Season with salt and pepper and stir in the tangerine zest.
- Serve the gravy alongside the turkey.

Nutrition Facts



Properties

Glycemic Index:51.74, Glycemic Load:27.75, Inflammation Score:-10, Nutrition Score:53.696956675986%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 21.37mg,

Hesperetin: 21.37mg, Hesperetin: 21.37mg, Hesperetin: 21.37mg Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg Apigenin: 10.64mg, Apigenin: 10.64mg, Apigenin: 10.64mg, Apigenin: 10.64mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 1165.37kcal (58.27%), Fat: 47.06g (72.41%), Saturated Fat: 10.93g (68.31%), Carbohydrates: 74.17g (24.72%), Net Carbohydrates: 71.54g (26.01%), Sugar: 62.06g (68.96%), Cholesterol: 340.11mg (113.37%), Sodium: 864.75mg (37.6%), Alcohol: 2.71g (100%), Alcohol %: 0.35% (100%), Protein: 106.21g (212.42%), Vitamin B3: 39.04mg (195.2%), Copper: 3.14mg (157.01%), Vitamin B6: 3.02mg (151.15%), Selenium: 103.88µg (148.39%), Vitamin A: 4883.12IU (97.66%), Phosphorus: 946.11mg (94.61%), Vitamin B12: 5.57µg (92.83%), Vitamin K: 96.66µg (92.06%), Vitamin B2: 1.13mg (66.31%), Zinc: 8.86mg (59.08%), Vitamin C: 40.89mg (49.57%), Potassium: 1673.49mg (47.81%), Vitamin B5: 4.07mg (40.66%), Magnesium: 148.74mg (37.19%), Iron: 6.03mg (33.5%), Vitamin B1: 0.41mg (27.26%), Manganese: 0.47mg (23.29%), Vitamin E: 3.26mg (21.77%), Folate: 76.83µg (19.21%), Calcium: 123.42mg (12.34%), Fiber: 2.63g (10.52%), Vitamin D: 1.4µg (9.36%)