



Roasted Turkey with Asian Flavors and Sticky Rice

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



1167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup blanched almonds and whole
- 1 celery rib quartered
- 0.5 cup cooking wine dry white
- 3 tablespoons cooking wine dry white
- 3 tablespoons flour all-purpose
- 1 tablespoon ginger fresh minced
- 2 garlic cloves minced

- 10 large garlic cloves peeled thinly sliced
- 1 small onion quartered
- 2 tablespoons asian oyster sauce
- 10 servings salt and pepper freshly ground
- 4 sausages diced chinese sliced
- 8 scallions coarsely chopped
- 0.5 teaspoon asian sesame oil
- 3 tablespoons soya sauce
- 4 teaspoons soya sauce
- 0.3 teaspoon sriracha chile sauce
- 21 ounces sticky rice long-grain sweet
- 12 pound turkey
- 3 cups turkey stock
- 5.5 cups turkey stock
- 2 tablespoons vegetable oil
- 10 servings vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- ladle
- oven
- whisk
- toothpicks
- roasting pan
- kitchen thermometer
- aluminum foil

- glass baking pan

Directions

- MAKE THE STUFFING:** In a large bowl, soak the rice overnight in water to cover by 2 inches; drain.
- Preheat the oven to 40
- Put the almonds in a pie plate and bake until browned, about 8 minutes.
- Let cool. Turn the oven down to 32
- Heat the oil in a large saucepan.
- Add the scallions, ginger and garlic and cook over moderately high heat, stirring, until fragrant, about 3 minutes.
- Add the sausages and cook for 1 minute, then stir in the rice.
- Add the wine and simmer for 1 minute. Stir in the stock, soy sauce and a large pinch of salt and pepper. Cover, reduce the heat to low and cook until the liquid is absorbed, about 10 minutes. Stir well, then stir in the almonds and sesame oil and season with salt and pepper.
- Spread the rice on a large rimmed baking sheet and let cool to room temperature.
- PREPARE THE TURKEY AND GRAVY:** Season the turkey inside and out with salt and pepper. Fill the cavity with 5 cups of the rice stuffing and secure the skin with toothpicks. Put 1 cup of the stuffing in the neck cavity and secure with toothpicks.
- Put the remaining stuffing in an oiled glass baking dish and cover with foil.
- Set the turkey in a large roasting pan and rub the skin all over with vegetable oil.
- Pour 2 cups of the stock and the wine into the roasting pan.
- Add the onion, celery rib and 4 whole garlic cloves. Roast the turkey for 1 3/4 hours.
- Add 1 cup of the stock to the pan and cover the turkey loosely with foil. Continue roasting for about 2 1/2 hours longer, or until an instant-read thermometer inserted in the thickest part of the inner thigh registers 16
- Remove the turkey from the oven and discard the foil. Increase the oven temperature to 40
- Brush the turkey with 1 tablespoon each of the soy and oyster sauces and roast for 10 minutes, or until glazed.
- Transfer the turkey to a carving board and let rest for at least 30 minutes.
- Bake the reserved rice stuffing for 20 minutes.

- Strain the pan juices into a bowl. Using a ladle, skim the fat from the pan juices; return 2 tablespoons of the fat to the roasting pan. Set the pan over low heat, stir in the flour and cook for 1 minute. Slowly whisk in the remaining 2 1/2 cups of stock until smooth, scraping up the browned bits from the bottom of the pan. Stir in the strained pan juices and bring the gravy to a boil, whisking constantly. Simmer the gravy over low heat for 10 minutes.
- Meanwhile, in a medium saucepan, heat 1 tablespoon of oil.
- Add the 6 sliced garlic cloves and cook over low heat until golden, about 3 minutes.
- Add the celery leaves and cook until wilted, about 1 minute.
- Pour in the gravy from the roasting pan and simmer for 2 minutes.
- Add the chile sauce and the remaining 1 tablespoon of oyster sauce and 1 teaspoon of soy sauce. Season with salt and pepper. Scoop the rice stuffing from the cavities into the dish with the rest. Carve the turkey at the table and pass the stuffing and celery leaf gravy alongside.

Nutrition Facts



Properties

Glycemic Index:41.2, Glycemic Load:40.98, Inflammation Score:-7, Nutrition Score:42.781304214312%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 1167.45kcal (58.37%), Fat: 53.85g (82.84%), Saturated Fat: 12.19g (76.19%), Carbohydrates: 62.55g (20.85%), Net Carbohydrates: 59.67g (21.7%), Sugar: 4.57g (5.07%), Cholesterol: 308.76mg (102.92%), Sodium: 1675.89mg (72.86%), Alcohol: 1.7g (100%), Alcohol %: 0.28% (100%), Protein: 100.83g (201.66%), Vitamin B3: 36.36mg (181.82%), Selenium: 97.54µg (139.34%), Vitamin B6: 2.7mg (134.91%), Phosphorus: 907.45mg (90.74%), Vitamin B12: 5.02µg (83.64%), Vitamin B2: 1.05mg (61.67%), Zinc: 8.96mg (59.77%), Vitamin K: 51.38µg (48.93%), Manganese: 0.9mg (45.25%), Vitamin B5: 3.96mg (39.59%), Potassium: 1335.28mg (38.15%), Magnesium: 149.11mg

(37.28%), Vitamin B1: 0.51mg (33.86%), Iron: 5.85mg (32.5%), Copper: 0.64mg (31.88%), Vitamin E: 3.39mg (22.59%), Folate: 58.6µg (14.65%), Fiber: 2.88g (11.52%), Vitamin D: 1.6µg (10.68%), Calcium: 92.75mg (9.28%), Vitamin A: 345.18IU (6.9%), Vitamin C: 4.2mg (5.09%)