



Roasted Turkey with Pomegranate Sauce and Wild Rice and Goat Cheese Stuffing

READY IN



150 min.

SERVINGS



8

CALORIES



1338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon peppercorns whole black
- 0.8 pound bread country-style cubed stale
- 1 cup butter melted (2 sticks)
- 2 carrots finely chopped
- 3 celery stalks finely chopped
- 1.5 cups chicken stock see
- 6 cups home-made chicken stock
- 3 tablespoons chives finely chopped

- 8 servings chives chopped for garnish
- 0.5 cup coarsely chorizo diced
- 2 tablespoons parsley fresh finely chopped
- 20 sage leaves fresh
- 1 tablespoons thyme leaves fresh finely chopped
- 1 tablespoon garlic minced
- 1 tablespoons garlic minced
- 6 ounces goat cheese
- 2 tablespoons brown sugar light
- 1 large onion diced finely
- 1 medium onion diced spanish finely
- 2 cups pomegranate juice (or substitute cranberry juice)
- 2 tablespoons pomegranate molasses
- 0.5 cup pomegranate seeds
- 8 servings pomegranate seeds for garnish
- 1 cup port wine
- 8 servings salt
- 8 servings salt and pepper freshly ground
- 1 turkey fresh
- 3 tablespoons butter unsalted
- 4 tablespoons butter unsalted
- 5 cups water
- 1.5 cups rice wild

Equipment

- frying pan
- sauce pan
- oven
- baking pan

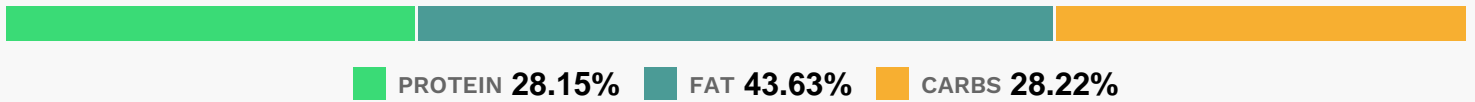
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Preheat the oven to 450 degrees F.
- Remove the neck and gizzard from the turkey and discard. Rinse the bird thoroughly with cold water and pat dry. Using your fingers, gently loosen the skin from the breasts and drumsticks and slip the sage leaves underneath. Rub the entire surface with 1/4 cup of the melted butter. Lightly sprinkle the skin and cavity with salt and pepper.
- Truss the turkey and place on a rack in a large roasting pan. Roast for about 45 minutes, until brown, basting with the remaining butter every 10 minutes. Reduce the temperature to 350 F and continue roasting for another 1 1/4 hours or until an instant-read thermometer inserted in the thigh registers 180 degrees F. If the legs or breast brown too quickly, cover them with foil.
- Transfer the turkey to a cutting board and allow it to rest 20 to 30 minutes before carving.
- To serve, cut down along each breast and remove it whole.
- Cut the breast into slices, the way you would a loaf of bread.
- Place on a large serving platter and arrange the thigh meat in chunks and the legs on top. Spoon some pomegranate sauce over the top and sprinkle everything with the pomegranate seeds and chives.
- Serve the remaining Pomegranate Sauce and the Wild Rice and Goat Cheese Stuffing alongside.
- You can reheat sliced turkey over medium heat in stock just to cover. Top with sauce, pomegranate seeds, and chives just before serving.
- Melt the butter in a large saucepan over medium heat, and sweat the onion and garlic until the onion is tender, about 3 minutes.
- Add the peppercorns and cook another 3 minutes.
- Add the port and cook, stirring, until most of it has evaporated.
- Add the stock, pomegranate juice, molasses and brown sugar, raise the heat to medium-high, and reduce slowly to a sauce consistency. As the sugars caramelize, the sauce will turn brownish red. Season, to taste, with salt and pepper.

- Remove from heat and add chives and pomegranate seeds.
- Place the rice, water, and salt to taste in a medium saucepan and bring to a boil over medium-high heat. Simmer until the grains open all the way.
- Drain the rice.
- Meanwhile, cook the chorizo in a small saucepan over medium heat until the fat is rendered and the chorizo gets a little crisp.
- Drain.
- Melt the butter in a large saute pan over medium heat.
- Add the onion, garlic, carrots, and celery and sweat until the onion is tender, about 5 minutes.
- Add the rice, chorizo, bread, cheese, parsley, thyme, and stock and stir to combine. The mixture should be quite wet: add a little more stock or water, if needed. Season, to taste, with salt and pepper.
- Transfer to a 6-cup buttered baking dish and bake, uncovered, until golden brown and heated through, 25 to 30 minutes. May be refrigerated up to 1 day; reheat with a little chicken stock for 20 minutes at 350 degrees F.

Nutrition Facts



Properties

Glycemic Index:89.81, Glycemic Load:33.55, Inflammation Score:-10, Nutrition Score:53.501304709393%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg

Nutrients (% of daily need)

Calories: 1337.55kcal (66.88%), Fat: 63.66g (97.94%), Saturated Fat: 30.59g (191.19%), Carbohydrates: 92.67g (30.89%), Net Carbohydrates: 83.58g (30.39%), Sugar: 37.51g (41.67%), Cholesterol: 340.12mg (113.37%), Sodium: 1569.08mg (68.22%), Alcohol: 4.59g (100%), Alcohol %: 0.53% (100%), Protein: 92.43g (184.87%), Vitamin B3: 33.39mg (166.96%), Selenium: 89.03µg (127.19%), Vitamin B6: 2.48mg (124.02%), Phosphorus: 966.53mg (96.65%), Vitamin A: 4234.07IU (84.68%), Manganese: 1.47mg (73.61%), Vitamin B2: 1.16mg (68.48%), Vitamin B12: 4.04µg (67.29%), Copper: 1.31mg (65.63%), Zinc: 9.12mg (60.77%), Vitamin K: 54.34µg (51.75%), Magnesium: 195.58mg (48.89%), Potassium: 1697.6mg (48.5%), Folate: 168.16µg (42.04%), Vitamin B5: 4.16mg (41.58%), Iron: 6.89mg (38.29%), Vitamin B1: 0.57mg (38.22%), Fiber: 9.09g (36.36%), Vitamin C: 18.46mg (22.37%), Calcium: 197.09mg (19.71%), Vitamin E: 2.62mg (17.48%), Vitamin D: 1.23µg (8.23%)