



Spiced Roasted Turkey

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



935 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 2 carrots coarsely chopped
- ☐ 2 rib celery stalks coarsely chopped
- ☐ 4 teaspoons sea salt
- ☐ 1 teaspoon coriander seeds
- ☐ 3 tablespoons cornstarch
- ☐ 1.5 inch ginger fresh
- ☐ 4 cups chicken broth reduced-sodium

- ☐ 1 teaspoon peppercorns
- ☐ 1 cup rice wine such as shaoxing, or medium-dry sherry chinese
- ☐ 2 bunches spring onion coarsely chopped
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 teaspoon star anise
- ☐ 14 pound turkey with tweezers or needlenose pliers, reserving neck and giblets (discard liver) at room temperature
- ☐ 2 tablespoons butter unsalted softened
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ measuring cup
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 450°F with rack in lowest position.
- ☐ Toast spices with sea salt in a dry small heavy skillet over medium-low heat, stirring occasionally, until fragrant and coriander is a shade darker, 8 to 10 minutes.
- ☐ Transfer to grinder and pulse until finely ground. Reserve 1 teaspoon spice mixture, then stir together remaining spice mixture with grated ginger, garlic, and butter to form a paste.
- ☐ Rinse turkey inside and out, then pat dry. Fold neck skin under body. Starting at large cavity end of turkey, gently slide your fingers between skin and flesh of breast and legs to loosen

skin, being careful not to tear skin. Using a spoon, slide spice paste under skin of turkey breast and legs, pushing butter out of spoon with a finger on outside of skin (do not put spice paste under turkey skin in advance). Tie drumsticks together with kitchen string and tuck wings under body.

- ☐ Pat giblets and neck pieces dry and cut into 1-inch pieces.
- ☐ Heat vegetable oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then sauté giblets and neck pieces, stirring occasionally, until golden, about 5 minutes.
- ☐ Add scallions, carrots, celery, and sliced ginger and sauté, stirring, until lightly browned, about 8 minutes.
- ☐ Add rice wine and boil, stirring and scraping up any brown bits, 1 minute. Stir in 4 cups broth, soy sauce, and reserved teaspoon spice mixture and bring to a boil.
- ☐ Pour mixture into roasting pan, then set rack in roasting pan, arranging neck pieces and vegetables around rack as necessary (liquid should be just below bottom of rack).
- ☐ Roast turkey on rack, rotating pan 180 degrees halfway through roasting, until an instant-read thermometer inserted into fleshy part of thighs (test both, close to but not touching bone) registers 170°F, 1 1/2 to 2 hours.
- ☐ Carefully tilt turkey so juices from inside large cavity run into roasting pan, then transfer turkey to a platter, reserving juices in roasting pan.
- ☐ Let turkey stand, uncovered, 30 minutes (temperature of thigh meat will rise to 175°F).
- ☐ Strain pan juices through a large fine-mesh sieve into 1-quart measure, pressing hard on and then discarding solids, and let stand until fat rises to top. Skim off and discard fat. (If using a fat separator, pour pan juices through sieve into separator and let stand until fat rises to top, 1 to 2 minutes. Carefully pour pan juices from separator into measuring cup, discarding fat.) You should have 4 cups stock. If there is less, add more broth. If there's more, boil to reduce.
- ☐ Transfer all but 1/2 cup stock to a heavy medium saucepan and bring to a boil.
- ☐ Whisk together cornstarch and 1/2 cup reserved stock in a small bowl until smooth, then whisk into boiling stock and boil, whisking occasionally, 2 minutes.
- ☐ Serve turkey with gravy.
- ☐ Spice mixture can be toasted and ground 1 day ahead and kept in an airtight container at room temperature.

Nutrition Facts



 PROTEIN **56.48%**  FAT **39.5%**  CARBS **4.02%**

Properties

Glycemic Index:26.23, Glycemic Load:0.77, Inflammation Score:-9, Nutrition Score:42.553043344746%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 935.49kcal (46.77%), Fat: 38.93g (59.88%), Saturated Fat: 10.79g (67.45%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 7.83g (2.85%), Sugar: 1.43g (1.59%), Cholesterol: 413.31mg (137.77%), Sodium: 1968.51mg (85.59%), Alcohol: 4.83g (100%), Alcohol %: 0.81% (100%), Protein: 125.22g (250.44%), Vitamin B3: 44.93mg (224.67%), Selenium: 120.8µg (172.57%), Vitamin B6: 3.42mg (171.23%), Vitamin B12: 7µg (116.66%), Phosphorus: 1084.92mg (108.49%), Zinc: 10.28mg (68.53%), Vitamin B2: 1.1mg (64.73%), Vitamin A: 3018.67IU (60.37%), Vitamin B5: 4.65mg (46.5%), Potassium: 1471.1mg (42.03%), Magnesium: 151.83mg (37.96%), Iron: 5.61mg (31.16%), Copper: 0.54mg (26.88%), Vitamin K: 22.81µg (21.72%), Vitamin B1: 0.29mg (19.24%), Manganese: 0.27mg (13.52%), Folate: 47.15µg (11.79%), Vitamin D: 1.74µg (11.62%), Calcium: 88.61mg (8.86%), Vitamin E: 1.02mg (6.77%), Fiber: 1.09g (4.35%), Vitamin C: 2.22mg (2.69%)