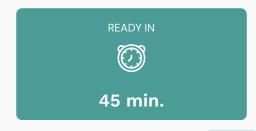
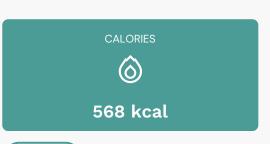


Tandoori Turkey

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

O.3 teaspoon ajwain seeds
2 teaspoons ajwain seeds
24 bay leaves crumbled
3 tablespoons cardamom black
5 cardamom black
1 teaspoon pepper black freshly ground
2 tablespoons peppercorns black

2 celery stalks chopped

2 teaspoons chili powder
1 cinnamon sticks
1 tablespoon coriander seeds
2.5 tablespoons coriander seeds
1 tablespoon cumin seeds
2 tablespoons cumin seeds
2.5 tablespoons cumin seeds
1 teaspoon fenugreek leaves dried
2 tablespoons garam masala
0.3 cup garlic finely chopped
4 garlic clove
0.5 cup ginger peeled chopped
1.5 tablespoons cardamom pods green
5 cardamom pods green
1 tablespoon ground cardamom
0.3 cup kosher salt
0.5 cup juice of lime fresh
0.3 cup paprika
1 tablespoon peppercorns whole black
2 tablespoons garam masala
1 medium onion red chopped
1 quart yogurt plain
12 pound turkey
Equipment
Equipment
bowl
frying pan
frying pan paper towels

	oven	
	sieve	
	blender	
	roasting pan	
	kitchen thermometer	
Directions		
	Toast spices in a skillet over medium heat, swirling often, until fragrant, about 2 minutes.	
	Let cool. Working in batches, finely grind mixture in a spice mill. DO AHEAD: Can be made 1 month ahead. Store airtight at room temperature.	
	Toast spices in a skillet over medium heat, swirling often, until fragrant, about 2 minutes.	
	Let cool. Working in batches, finely grind mixture in a spice mill. Sift through a medium-mesh strainer into a small bowl; stir to combine. DO AHEAD: Can be made 1 month ahead. Store airtight at room temperature.	
	Pat turkey dry with paper towels. Rub inside and out with salt; transfer to roasting bag. Stuff turkey with cardamom pods and cumin seeds, then onion, celery, and garlic.	
	Pure all ingredients in a blender.	
	Pour marinade into roasting bag. Smear all over turkey. Tie bag and arrange turkey, breast side down, in a large heavy roasting pan. Refrigerate overnight.	
	Let turkey stand in bag at room temperature for 1 hour. Turn breast side up. Create steam holes in bag if required by manufacturer's instructions.	
	Preheat oven to 400F. Roast turkey for 30 minutes. Reduce heat to 350F. Roast until an instant-read thermometer inserted into thickest part of thigh (puncturing bag with thermometer) registers 160, about 1 1/2 hours longer.	
	Cut top of bag open, being careful of steam and juices, and pull back over turkey. Roast turkey until breast is deeply browned but not burned and a thermometer inserted into thigh registers 165F, 15–30 minutes longer.	
	Transfer to a platter.	
	Let rest for at least 20 minutes before carving.	
	Meanwhile, strain juices into a large saucepan. Spoon fat from surface. Simmer over medium heat until sauce is reduced to 3 1/2 cups, about 20 minutes.	

Carve turkey.
Serve with accompanying gravy.

Nutrition Facts

PROTEIN 54.09% FAT 32.29% CARBS 13.62%

Properties

Glycemic Index:24.58, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:40.702174103778%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 567.87kcal (28.39%), Fat: 20.42g (31.41%), Saturated Fat: 5g (31.24%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 14.43g (5.25%), Sugar: 7.27g (8.07%), Cholesterol: 233.45mg (77.82%), Sodium: 2796.2mg (121.57%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 76.94g (153.88%), Vitamin B3: 25.27mg (126.33%), Vitamin B6: 2.13mg (106.46%), Selenium: 72.95µg (104.22%), Manganese: 1.94mg (97.05%), Phosphorus: 764.9mg (76.49%), Vitamin B12: 4.41µg (73.5%), Vitamin B2: 0.85mg (49.89%), Zinc: 7.27mg (48.49%), Iron: 6.56mg (36.46%), Potassium: 1194.49mg (34.13%), Magnesium: 134.5mg (33.63%), Vitamin B5: 3.27mg (32.71%), Vitamin A: 1464.22IU (29.28%), Calcium: 280.7mg (28.07%), Copper: 0.4mg (20.02%), Fiber: 4.95g (19.79%), Vitamin B1: 0.25mg (16.58%), Folate: 37.85µg (9.46%), Vitamin C: 7.4mg (8.97%), Vitamin E: 1.24mg (8.25%), Vitamin K: 7.28µg (6.94%), Vitamin D: 0.97µg (6.44%)