

Tandoori Turkey

 **Gluten Free**

READY IN



45 min.

SERVINGS



12

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 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

- bowl
- frying pan
- paper towels
- sauce pan

- 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 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, 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 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: 0g (100%), Alcohol %: 0% (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%)