






 **51%**
HEALTH SCORE

Turkey Two Ways (Roasted Breast and Legs Confit)

 **Gluten Free**

READY IN

1605 min.

SERVINGS

8

CALORIES

911 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 3 bay leaves
- 1 tablespoon peppercorns whole black
- 1 cup chanterelles
- 2 tablespoons butter unsalted ()
- 1 small foie gras pate
- 4 sprigs thyme sprigs fresh
- 12 medium garlic clove unpeeled

- 0.5 cup granulated sugar
- 2 juniper berries crushed
- 1 cup oyster mushroom black
- 1 cup kosher salt
- 4 cups chicken broth low-sodium
- 0.3 cup parsley fresh italian finely chopped
- 1 small shallots minced
- 12 pound turkey
- 2 cups vegetable oil
- 1 gallon water

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- pot
- plastic wrap
- roasting pan
- kitchen thermometer
- stove
- ziploc bags
- dutch oven

Directions

- Remove giblets and neck and freeze for some other use or discard. Rinse out cavity and thoroughly pat dry with paper towels. Trim most of excess fat and skin from neck and cavity.

- Place all brining ingredients except vegetable oil in a large stockpot over high heat and bring to a boil.
- Remove and cool to room temperature. When brine is cool, submerge turkey breast piece in brine. (Use a resealable plastic bag filled halfway with water or some other weight to keep it completely submerged.) Cover and refrigerate for 24 hours. To roast, heat oven to 350°F.
- Remove breast from brine and thoroughly dry with paper towels. Rub skin with vegetable oil and place breast on a heavy baking sheet or in a roasting pan. Roast in oven until breast reaches an internal temperature of 150°F on an instant-read thermometer.
- Place turkey legs on a large platter and heavily salt both sides of each leg.
- Sprinkle garlic, bay leaves, thyme, and peppercorns over top. Cover with plastic wrap and let rest 12 hours or overnight.
- Heat oven to 325°F.
- Remove salt from legs.
- Place legs, skin side down, with confit flavoring ingredients (except salt) in a Dutch oven or a large heavy-bottomed pot with a tightfitting lid and cover with duck fat and vegetable oil.
- Place over medium heat and bring to a simmer, making sure legs don't stick. Cover, turn off heat, and place in oven. Cook until meat is very tender, about 2 hours.
- Remove casserole from oven and cool on a rack. If serving immediately, brown legs as described in next step; if not, place cooled casserole in the refrigerator until ready. To brown legs, heat oven to 350°F.
- Remove legs from casserole.
- Place a large nonstick frying pan on the stove over high heat. Carefully set legs skin side down in the pan and cook until skin is brown, about 2 minutes.
- Place in oven and cook until heated through, about 12 minutes. For the mushroom sauce: In a medium frying pan on medium-high heat, place duck fat or butter and sauté mushrooms in batches; season to taste. Reserve cooked mushrooms in a bowl. If using foie gras, quickly sauté it in the same pan used for the mushrooms (without any fat) on high heat and cook just until browned.
- Place on paper towels and reserve.
- Add shallots and cook on low heat for 3 minutes, then add stock. If not using foie gras, add 1/4 cup reserved pan drippings from turkey. When ready to serve, bring shallot mixture to a simmer, and add mushrooms, foie gras, and parsley.

Mix well and serve immediately. Beverage pairing: Bouchard Ainé & Fils Pommard, France. So much preparation for the turkey merits a nice wine. The mushrooms in the sauce suggest one of their favorite mates, Pinot Noir from Burgundy. The village of Pommard makes a Pinot with nice fruit, but also a lovely earthy quality, just like the mushrooms. Its fine-but-rich tannins will spice up the turkey nicely.

Nutrition Facts

PROTEIN 48.88% **FAT 42.29%** **CARBS 8.83%**

Properties

Glycemic Index:29.89, Glycemic Load:9.47, Inflammation Score:-10, Nutrition Score:49.923912981282%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 911.01kcal (45.55%), Fat: 42.49g (65.37%), Saturated Fat: 10.96g (68.51%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 18.38g (6.68%), Sugar: 13.64g (15.16%), Cholesterol: 415.85mg (138.62%), Sodium: 14772.16mg (642.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 110.51g (221.02%), Vitamin B12: 12.36µg (206.04%), Vitamin B3: 41.07mg (205.37%), Selenium: 112.7µg (161%), Vitamin B6: 3.1mg (155.23%), Phosphorus: 1002.67mg (100.27%), Vitamin A: 4205.84IU (84.12%), Copper: 1.54mg (76.93%), Vitamin B2: 1.17mg (68.67%), Zinc: 9.55mg (63.68%), Vitamin B5: 5.17mg (51.66%), Iron: 9.2mg (51.12%), Vitamin K: 53.19µg (50.66%), Potassium: 1431.69mg (40.91%), Magnesium: 141.84mg (35.46%), Folate: 136.56µg (34.14%), Vitamin B1: 0.35mg (23.34%), Manganese: 0.41mg (20.31%), Vitamin D: 2.07µg (13.78%), Calcium: 108.49mg (10.85%), Vitamin E: 1.44mg (9.6%), Vitamin C: 5.49mg (6.66%), Fiber: 1.59g (6.36%)