

STARTER & SNACK

# Whole Roasted Turkey with Citrus Rosemary Salt

6 October 2026

| TOTAL TIME | PREP   | COOK    | SERVES | PER SERVING | CALORIES |
|------------|--------|---------|--------|-------------|----------|
| 220 min    | 25 min | 195 min | 12     | \$1.25      | 307 kcal |



You can never have too many hor d'oeuvre recipes, so give Whole Roasted Turkey with Citrus Rosemary Salt a try. Watching your figure? This lacto ovo vegetarian recipe has 307 calories, 5g of protein, and 24g of fat per serving. This recipe serves 12.

## Ingredients

- ☐ ½ cup (1 stick) butter
- ☐ 2 carrots, cut in half
- ☐ 2 celery stalks, cut in half
- ☐ 4 cups chicken broth
- ☐ ½ cup coarse salt
- ☐ ¾ cup all-purpose flour
- ☐ ¾ cup butter
- ☐ 4 large carrots, halved lengthwise
- ☐ 8 celery stalks
- ☐ 1 quart chicken stock or broth
- ☐ ½ cup all-purpose flour
- ☐ 8 sprigs fresh rosemary

☐ 1 tablespoon fresh rosemary leaves, chopped

☐ 2 lemons, halved

☐ 2 small whole onions, peeled

☐ 16 pound whole turkeys

☐ 2 tablespoons lemon zest

☐ 1 cup extra-virgin olive oil, divided

☐ 12 servings Salt and freshly ground black pepper

☐ 16 pound whole turkeys

EQUIPMENT Food processor, Frying pan, Baking sheet, Sauce pan, Oven, Whisk, Kitchen thermometer

## Method

- 1 Watch how to make this recipe.
- 2 For the Citrus Rosemary Salt: In food processor, process all the ingredients. Pulse until well blended. Set aside.
- 3 Preheat the oven to 425 degrees F.
- 4 Remove necks and giblets and put into a large saucepan.
- 5 Add 2 onions, 2 carrots, 2 celery stalks and chicken stock. Bring to a boil over high heat and then reduce the heat and let simmer until reduced to about 2 cups. Strain and reserve; this is the turkey stock that you will use for the gravy.
- 6 Wash the turkeys, inside and out, and dry well. Coat each turkey, inside and out, with 1/4 cup of the olive oil. Season each turkey on the outside with a tablespoon or two of the Citrus Rosemary Salt, pressing it in to adhere.
- 7 Place 4 rosemary sprigs and 2 lemon halves inside the cavity of each turkey.
- 8 Arrange 4 of the halved carrots and 4 celery stalks on each of 2 half-sheet pans (use baking sheets with a lip). Position each turkey on top of the carrots and celery so that the turkey does not rest directly on the bottom of the pan.
- 9 Drizzle turkeys with remaining olive oil.
- 10 Roast until an instant-read thermometer (inserted deep into the thigh but away from the bone) reads 165 degrees F and juices in the thigh run clear when pierced with a fork, about 2 to 2 1/2 hours; begin checking at 2 hours.
- 11 Remove from the pans and let rest for 15 minutes before carving. Reserve pan juices for gravy.
- 12 While turkeys are resting, make the gravy. In a medium saucepan, melt the butter and add the flour.
- 13 Whisk over medium heat for 3 to 4 minutes, or until a smooth, blond-colored mixture is formed.

- 14 Add the reserved turkey stock and pan juices and bring to a boil over high heat. Reduce the heat and let simmer until thickened and ready to serve. Season, to taste.
- 15 Carve turkey and serve with gravy.

### Nutrition per serving

307

KCAL

5 g

PROTEIN

24 g

FAT

19 g

CARBS

|               |                                |
|---------------|--------------------------------|
| Saturated Fat | 13 g · 81% of daily needs      |
| Fibre         | 2.2 g · 9% of daily needs      |
| Sugar         | 4.3 g · 5% of daily needs      |
| Sodium        | 5,299 mg · 230% of daily needs |
| Cholesterol   | 54.8 mg · 18% of daily needs   |
| Vitamin C     | 14 mg · 17% of daily needs     |

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/whole-roasted-turkey-with-citrus-rosemary-salt-148203](https://whatsheate.com/whole-roasted-turkey-with-citrus-rosemary-salt-148203)