

# ROASTED WHOLE TURKEY

F MEDIUM

Last Modified: 12/06/2018

PREP: 120 Hrs  
COOK: 4+ Hrs  
OVEN: 500 & 325

TURKEY

**MAKES 8 To 10 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
1	11~15 Lb	Frozen Young Turkey	Thawed
1	Triangle	Heavy Duty Aluminum Foil	Folded
1	Stick	Salted Butter	Coating

## BRINE SOLUTION

1	Gallon	Chicken Stock (Swanson)	
OR			
1	Gallon	Vegetable Stock (Swanson)	
1	Cup	Kosher Salt	
1/2	Cup	Light Brown Sugar	Packed
1	Tbsp	Whole Black Peppercorns	
1/2	Tbsp	Whole Allspice Berries	
1/2	Tbsp	Candied Ginger	
1 +/-	Gallon	Well Iced Water	As Needed

## AROMATIC FLAVOR STUFFING

1	Medium	Yellow Onion	Quartered
1	Tbsp	Ground Cinnamon	
1	Medium	Crisp Red Delicious Apple (Seeded)	Quartered
1	Cup	Water	
3	Sprigs	Fresh Thyme	
1	Sprig	Fresh Sage (About 6 Leaves)	
4	Sprigs	Fresh Rosemary	

## GIBLET GRAVY

1	Medium	Yellow Onion	Fine Chop
1	Clove	Garlic	Minced
1	Stalk	Celery	Fine Chop
1	Quart	Chicken Stock (Swanson)	
1/2	Stick	Salted Butter	
2	Tbsp	Fresh Italian Parsley Leaves	Fine Chop
1/4	Cup	All Purpose Flour	
1/4	Cup	Water	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

# ROASTED WHOLE TURKEY

CRANBERRY DIPPING SAUCE			
1	Pound	Frozen Cranberries	Thawed
2	Cups	Orange Juice	
3	Cups	Ginger Ale (Vernor's)	
2	Tbsp	Pure Maple Syrup	
2	Tbsp	Dark Brown Sugar	
1	Medium	Orange	Zested
1 +/-	Pinches	Kosher Salt	To Taste

## PREPARATION

<b>FACTOID</b>	The BEST BY FAR Turkey to purchase is one of the eight "Heritage" Turkeys. They are descendants of the USA's original wild Turkey. While Heritage Turkeys DO have a lower meat-to-bone ratio than the new commercial hybrid birds, the flavors are above and beyond. They are EXPENSIVE!. An acceptable substitute would be a commercial type bird that has the word "Pastured" on it. Even a frozen bird is perfectly OK as long as it is thawed SLOWLY. AT ALL COSTS AVOID: Pre-Brined Turkeys and Self-Basting Turkeys.
----------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<b>TURKEY FACTOIDS</b>	
<b>NEVER, EVER, NEVER BELIEVE WHAT A POPUP TELLS YOU!</b>	
<p>1) NEVER: Cook a bird weighing over 15 pounds. One weighing over that requires too long a cooking time, resulting in a progressively drier and drier bird. Cook two if necessary or even a smaller one along with a bone-in Turkey Breast.</p> <p>2) LEFTOVERS - NO: Figure 1 pound of weight for each person, assuming that some like Dark Meat and some like White Meat.</p> <p>3) LEFTOVERS - YES: Figure 1 1/2 pounds of weight for each person.</p> <p>4) LITTLE DARK MEAT NEEDED: Cook a smaller Turkey along with a bone-in Turkey Breast.</p> <p>5) NO DARK MEAT NEEDED: Simply cook Turkey Breast(s). NEVER cook a Breast that is larger than 7 pounds for the same dry meat reason, simply cook two same size ones.</p> <p><b>"MAGIC" U.S.D.A. COOKING TIMES IF YOU DON'T HAVE A THERMOMETER</b></p> <p>For an UNSTUFFED Turkey - THIS Table frightens me GREATLY!</p> <p>8 To 12 Pounds: 3 1/2 to 4 Hours.</p> <p>13 To 18 Pounds: 4 1/4 To 4 3/4 Hours.</p> <p>19 To 22 Pounds: 4 1/2 To 5 Hours.</p> <p>23 To 25 Pounds: 4 3/4 To 5 1/4 Hours.</p> <p>OLD WIVES TALE: There is a "Rule-of-Thumb that says that you roast a whole Turkey for about 20 minutes per pound - Think about this! NEXT YEAR invest \$15 in a Meat Probe Thermometer - JUICY Meat with NO LIVE Bacteria and it has MANY other uses.</p>	

<b>TOOLS</b>	<p>1) 9" x 9" Glass OR Ceramic Baking Dish</p> <p>2) Small Saucepan &amp; Lid</p> <p>3) Medium Saucepan &amp; Lid</p> <p>4) 5 Gallon CLEAN Plastic Bucket</p> <p>5) Meat Probe Thermometer</p> <p>6) Roasting Pan &amp; Rack</p> <p>7) Stock Pot &amp; Lid</p> <p>8) Stick Blender</p> <p>9) Electric Carving Knife</p>
--------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<b>PREP</b>	Various.
-------------	----------

# ROASTED WHOLE TURKEY

<b>HINTS</b>	Before beginning this process, test your refrigerator base temperature by placing the meat probe (tip NOT touching anything) in the location you intend to use for thawing the Turkey. As soon as it stabilizes, write it down and stick it on the refrigerator with a magnet.
<b>DAYS 1~4</b>	<b>THAW THE BIRD:</b> Leaving the Turkey in it's original plastic bag, feel for a popup and if you find one, insert the thermometer probe through the plastic bag into the thickest part of the OPPOSITE Breast. Place the Turkey uncovered in a roasting pan lined with paper towels in the refrigerator until the probe thermometer registers the base temperature as was recorded earlier, about 3 to 4 days. Just prior to beginning the Brining process, remove the plastic bag and if there are still ice crystals inside, rinse thoroughly with cold water. Set aside the Giblets (found in a bag in the neck cavity) & the Neck (found in the body cavity) and the Gravy Package (If supplied).
<b>DAY 4</b>	<b>MARINATE THE BIRD:</b> The evening before actually cooking, make the Brine Solution. In a large stock pot, bring all of the Brine Ingredients except the iced water to a boil and then allow it to cool to room temperature. Seal it with plastic wrap and place it in the freezer to chill it quicker. Place the cold Brine Solution in a <u>CLEAN</u> 5 gallon plastic bucket. Add in the iced water and stir to mix. Place the Turkey, neck cavity down in the Brining Solution (If the Bird floats, place a tightly sealed plastic wrapped brick on top). Cover the pail with plastic wrap and store it in a cool place overnight (8 to 16 hours) - Turn the Turkey so the neck cavity is up half-way through the brining process. Put the brining pail in an ice chest if there is not room to store it in the refrigerator overnight - there should be ice cubes left in the Brine after completing the process - Add additional Ice Cubes as is necessary.
<b>HINT</b>	I will ALWAYS make the Gravy Base the night before cooking the Turkey (ONE LESS stressful thing to accomplish on cooking day). Re-heating the pre-made Gravy Base just before the Turkey is finished cooking, adding it to the pan drippings and thickening it while the Turkey rests to let it's juices redistribute.
<b>DAY 4</b>	<b>GRAVY BASE:</b> Early in the morning, place the Giblets and Neck(s) in a large saucepan over medium heat and add in the Chicken Stock, Onion, Celery and Garlic. Bring it to a boil and lower the heat to a strong simmer, cook until the Meat easily falls from the neck bones. Adding in additional water as necessary to keep the Giblets covered with liquid. See Recipe: Sauce - Turkey Giblet Gravy for additional options.
<b>DAY 4</b>	<b>GRAVY BASE:</b> Remove the Neck Bones, anything else that looks ugly and discard it. Remove the Gizzard, Heart and Liver and either discard or chop finely if you intend them to be in the finished Gravy. Shred and chop any large pieces of Neck Meat. Refrigerate overnight. Scrape off & discard any white fat that has coagulated on top.
<b>DAY 5</b>	<b>PREPARE THE BIRD:</b> Remove the Turkey from the Brine and rinse it thoroughly. Pat it dry inside and out with paper towels.
<b>2</b>	<b>PREPARE THE BIRD:</b> Place the Turkey neck cavity down on your work surface and GENEROUSLY sprinkle the entire inside of the cavity with Salt and Pepper.
<b>3</b>	<b>PREPARE THE BIRD:</b> Carefully remove the temperature probe and popup (reserving it). Beginning at the rear cavity opening (breast up), GENTLY work your fingers under the skin until you have loosened it, all the way up to the neck cavity - Careful you do not tear the skin (Seal any tears with a toothpick). Tuck the Wing Tips underneath the back. Spread softened Butter Pats evenly beneath the skin by gently massaging the outside of the skin. Melt the remaining butter in the microwave.
<b>4</b>	<b>PREPARE THE BIRD:</b> Make an aluminum foil triangle and pre-shape it to the cold bird so the Legs and Thighs are uncovered (the point of the triangle goes rearwards between the Legs & the point tucks inside the cavity). Set the triangle aside. Add the White Wine, can of Chicken Broth and a cup of Water in the bottom of the roasting pan.

# ROASTED WHOLE TURKEY

5	<p><b>STUFF THE BIRD: (Aromatics ONLY - Do Not Eat)</b> Just prior to placing it in the oven, Place the Onion, Apple and Water in a glass 9 inch x 9 inch baking dish, sprinkle lightly with Cinnamon and microwave them on high for 5 minutes. Add the steeped aromatics (discarding the liquid) into the Turkey's cavity place the Rosemary, Thyme and Sage Sprigs inside. Brush the skin liberally with the melted Butter, sprinkling with Dried Rosemary and Thyme as you go so they stick. Place the bird breast side up on the rack in the roasting pan. Re-insert the temperature probe and popup back into their original holes (They WILL leak precious juices if not).</p>
6	<p><b>ROAST THE BIRD (About 4 Hours):</b> Preheat the oven to 500 degrees with a rack in the lowest position. Place the unfoiled Bird in the oven and bake it for 30 minutes. Open the oven and cover the Breast with the pre-shaped foil triangle USE heat-proof mitts.. Close the oven and lower the temperature to 325 degrees and bake for an additional 1 1/2 hours (Just until the Breast temperature reaches 165 degrees or the Thigh temperature reaches 185 degrees). Adjust your cooking time up / down for larger / smaller / multiple Birds as is necessary.</p>
7	<p><b>REST THE BIRD:</b> Remove the Turkey from the oven and move it to a cutting board to let the juices redistribute for about 1/2 hour. Leave the probe inside the Breast and tent it tightly with aluminum foil while resting (or not - tenting WILL soften the Skin, not tenting will keep the skin crisper).</p>
8	<p><b>MAKE THE GRAVY:</b> Place the roasting pan on the stovetop over medium heat and add in the now hot Gravy Base, stir &amp; scrape the pan to deglaze. Mix the Flour with the water and whisk it to the Gravy Mixture, cook while whisking until the Flour thickens the Gravy (about 5 minutes). Return the deglazed mixture to the saucepan and over medium heat, stir in the Parsley. <b>Remember:</b> Pan Gravy thickens greatly as it cools, so make it a bit runnier than you like because it will naturally thicken in the gravy boat before you can get it to the table. <b>HINT:</b> You may alternately strain the Gravy prior to thickening it for a smooth Gravy.</p>
9	<p><b>MAKE THE DIPPING SAUCE:</b> In a non-reactive (stainless) saucepan, bring all ingredients up to a boil over medium heat, stir and let it reduce. When reduced, skim off the Cranberry scum that floats to the top. Puree the mixture using a stick blender until smooth. Serve it at the table in individual Ramekins.</p>
10	<p><b>TABLE CARVING (Dark Meat):</b> Using an electric carving knife, cut straight down (with the knife point towards the Head) until you hit the Hip Joint. Cover the top of the leg with a folded WHITE paper towel and press the Knee straight down until the Joint separates. Cut through the Joint and remove the entire Leg and Thigh in one piece. Place the Leg on a cutting board with the Knee down and cut straight down in the "V" towards the Knee Joint. Separate the Thigh from the Leg. Slice the Meat off of the Thigh and discard the Bone. Repeat for the other leg and thigh if needed.</p>
11	<p><b>TABLE CARVING (White Meat):</b> Remove both Wings, separate the Drum from the Blade and set them aside (discarding the removed Tip). Feel for the top of the breast bone with your fingers. Using an electric knife, slice straight down tightly beside the breast bone until you hit the Rib Cage. Curl the knife sideways and continue slicing down while hugging the Rib Cage as closely as possible. Remove the entire half of the Breast with your hands, repeat for the other Breast half. Slice the Breast Meat across the grain into 1/4 inch thick slices.</p>
SERVE	<p>On a serving Platter, attractively arrange the Breast Meat slices, Wing Drums and Blades, Thigh Meat and Drumsticks (whole). Place fresh Rosemary Sprigs, Parsley Sprigs, Sage Sprigs, Whole in-shell Nuts, Cherry Tomatoes, Lemon / Lime Wedges, Whole uncooked Cranberries and even Canned Cranberry Slices around in all of the nooks &amp; crannies. Serve while HOT.</p>