



Rosemary Roasted Turkey

With Porcini Pan Sauce

No holiday menu is complete without the main event: a perfectly seasoned turkey. Rosemary, garlic, and onion lend classic flavours to the spice rub and the rich porcini pan sauce completes the dish.

Makes 10 Servings

Ingredients

¼ cup chopped fresh rosemary
2 tbsp olive oil
1 tbsp garlic powder
1 tbsp onion powder
1 tsp black pepper
1 10-12 lb turkey (thawed if frozen), neck and giblets removed
3 cups low-sodium chicken broth, plus more if needed
½ oz dried porcini mushrooms, cut into ¼-inch pieces
¼ cup arrowroot powder, dissolved into ¼ cup cold water
Sea salt, to taste

Steps

1. Combine rosemary, oil, garlic powder, onion powder, and 1 tsp pepper. Place turkey on a work surface, gently slip your fingers under the skin and work in the herb mixture evenly over the meat. Set turkey aside for an hour at room temperature. If preparing in advance, set turkey overnight in the fridge, and remove an hour before continuing.
2. Preheat oven to 400°F. Arrange turkey, breast side up, on a roasting rack set in a pan. Tie legs together and tuck in wings. Add enough broth, to fill pan ¼-inch deep (about 2 cups). Loosely cover turkey with foil and roast for 1 hour.
3. Remove foil and baste turkey with pan juices. Continue roasting uncovered, basting every 20 to 30 minutes, until a thermometer inserted into the thickest part of the thigh registers 165°F (about 2 ¼ to 2 ¾ total cooking time).
4. In a small saucepan on medium-high heat, combine remaining 1 cup broth with mushrooms and bring to a boil. Remove from heat, cover, and set aside.
5. Transfer turkey to cutting board and let rest, loosely covered with foil, for 20 minutes. Pour drippings into a cup and set aside to let fat separate.
6. Add porcini mixture to roasting pan and place on medium heat. Bring to a boil, scraping up any browned bits with a spoon.
7. Skim and discard fat from drippings, add remaining liquid to the pan and return to a boil. Whisk in arrowroot mixture and cook until sauce thickens (30 to 60 seconds). Add salt and pepper to taste and transfer sauce to a bowl.
8. Remove skin and carve turkey. Serve sauce on the side.

Nutrition Information

196 Calories | 1g Carbohydrates | 510 Fat | 3g Saturated Fat | 1g Fibre | 24g Protein | 82mg Sodium | 1g Sugar

Source: www.cleaneatingmag.com