



Pomegranate-Glazed Turkey Roulade

With Wild Rice Stuffing and Gravy

Deboned turkey cooks fast and the finished roll is easier to slice at the table. A pomegranate glaze is brushed on while roasting and homemade gravy gets drizzled on when serving.

Makes 10 to 12 Servings

Ingredients

1 turkey (12-14 lb), deboned with skin on (Ask butcher to prepare it, reserving half the bones for the gravy)
1 tbsp chopped fresh rosemary
1 tbsp chopped fresh sage
4 tsp salt, divided
2 tsp fennel seeds, chopped
1 tsp ground black pepper, divided
Olive oil, for brushing

For Stuffing:

1 tbsp olive oil
2 shallots, finely chopped
1 clove garlic, minced
1 tbsp chopped fresh rosemary
2 tsp chopped fresh sage
2 cups baby kale, chopped
1 cup cooked brown or wild rice blend
1 cup whole-wheat bread crumbs
¼ cup dried cranberries
2 large eggs
½ tsp sea salt
¼ tsp ground black pepper

Steps

One Day in Advance

1. Place turkey on cutting board. Run your fingers between meat and skin to detach skin in a single piece. Cover meat with plastic wrap. Using the flat side of a meat mallet, gently pound to even thickness. In a small bowl, mix sage, rosemary, ¾ of the salt, fennel seeds, and ½ of the pepper. Rub over meat. Cover and refrigerate until ready to stuff.
2. Make stuffing: In a large skillet, heat oil on medium. Add shallots and cook until softened (3 minutes). Add garlic, rosemary, and sage, and cook until shallot is soft and translucent but not browned (10 minutes). Add kale and cook until starting to wilt (2 minutes)
3. Transfer to a large bowl and let cool. Add rice, bread crumbs, cranberries, eggs, salt and pepper. Stir to combine. Refrigerate until completely cool.
4. Spoon stuffing down centre of turkey. Starting at 1 short edge, roll up meat around stuffing and secure with toothpicks. Wrap skin around turkey roll. Using kitchen twine, tie role at 1-inch intervals. Wrap in plastic and refrigerate overnight (up to 1 day).

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Ingredients

For Gravy:

4 cups chicken or turkey broth
3 sprigs fresh thyme
2 sprigs fresh rosemary
1 tbsp arrowroot powder
1 tbsp water
Sea salt and ground black pepper, to taste

For Glaze:

1 cup pomegranate juice
½ cup chicken or turkey broth
1 tbsp raw honey
3 sprigs fresh thyme
1 bay leaf
1 tsp arrowroot powder
1 tsp water

Steps

5. Make gravy: preheat oven to 400°F. Add turkey bones to a roasting pan and roast, stirring halfway through, for 1½ hours. Transfer roasted bones and any drippings to a large pot and add broth, thyme and rosemary. Bring to a boil. Reduce heat and simmer for 2 hours. Strain liquid and let cool. Skim off fat and pour into clean saucepan. Bring liquid to a simmer. In a small bowl, whisk arrowroot with water until smooth, then whisk into gravy. Season with salt and pepper. Let cool. Cover and refrigerate.
6. Make glaze: In a small saucepan, combine pomegranate juice, broth, honey, thyme, and bay leaf. Bring to a boil. Reduce heat and simmer until slightly reduced (8 minutes). In a small bowl, whisk arrowroot with water until smooth, then whisk into glaze. Simmer until glossy and thickened (1 minute). Strain into a small bowl and let cool. Cover and refrigerate until ready to use.

Day Of

7. Remove turkey roll from fridge and let stand at room temperature for 1 hour. Preheat oven to 450°F. Unwrap roll and pat dry with paper towels. Place in a roasting pan. Brush lightly with oil and sprinkle with remaining salt and pepper. Roast until outside is golden brown, about 15 minutes.
8. Reduce heat to 300°F. Roast, basting with glaze and pan drippings every 30 minutes, until thermometer inserted into centre reads 165°F (2½ hours). Remove from oven, tent with foil and let rest for 30 minutes. Meanwhile, in a small saucepan, reheat gravy over low heat. Remove toothpicks from roll before cutting into slices. Serve with gravy.

Nutrition Information

422 Calories | 16.7g Carbohydrates | 18g Fat | 5g Saturated Fat | 1.7g Fibre | 46.6g Protein | 994mg Sodium | 0.1g Sugar

Source: www.cleaneatingmag.com