

WEIGHT ★ NO ★ MORESM DIET CENTER



No one does what we do!



weightnomoredietcenter.com



WeightNoMoreDC

FARMHOUSE ROAST TURKEY WITH ROSEMARY

Basic Lifestyle

Ingredients

1 (12-pound) fresh or frozen turkey, thawed	cooking spray
2 cups coarsely chopped onion	2 TBS butter, melted
1 cup coarsely chopped celery	5 cups homemade turkey stock, divided (see over)
2 TBS chopped fresh rosemary, divided	1/3 cup all-purpose flour
3/4 TSP Morton's Lite Salt, divided	1/4 cup water
3/4 TSP black pepper, divided	2 TBS cornstarch

Instructions - For the turkey

1. Preheat oven to 325°.
2. Remove neck, heart, gizzard, and liver from turkey. Reserve neck, heart and gizzard for homemade turkey stock; discard liver. Rinse turkey thoroughly with cold water. Pat dry. Trim excess fat. Combine onion, celery, 1 TBS rosemary, ½ TSP salt, and 1/4 TSP pepper. Stuff body cavity with onion mixture. Tie ends of legs with twine. Lift wing tips up and over back; tuck under bird.
3. Place a roasting rack coated with cooking spray in a roasting pan. Place turkey, breast side up, on rack. Brush with butter; sprinkle evenly with 1 TSP salt and 1/4 TSP pepper. Pour 1 cup homemade turkey stock in bottom of pan. Insert a meat thermometer into meaty part of thigh, making sure not to touch bone. Cover turkey breast tightly with foil. Bake at 325° for 2 hours, basting with 1/3 cup homemade turkey stock every 30 minutes (1-1/3 cups total). Remove foil; bake an additional 1-1/2 hours or until thermometer registers 180°, basting with 1/3 cup homemade turkey stock every 30 minutes (2/3 cup total). Remove turkey from oven; let stand 30 minutes. Discard skin.

Instructions - For the gravy

1. Place a zip-top plastic bag inside a 2-cup glass measure. Pour pan drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag, and snip off 1 bottom corner of bag. Drain pan drippings into a measuring cup, stopping before the fat layer reaches the opening. Reserve 2 TBS fat, and discard remaining fat. Combine the pan drippings with 2 cups homemade turkey stock.
2. Heat 2 TBS reserved fat in bottom of roasting pan over medium heat. Add flour, stirring with a whisk. Cook 1 minute, stirring constantly. Stir in the pan drippings mixture. Combine water and cornstarch, stirring with a whisk. Add the cornstarch mixture to pan, stirring with a whisk. Bring to a boil, stirring frequently. Add 1 TBS rosemary. Reduce heat, and simmer 5 minutes or until sauce thickens. Stir in 1/4 TSP salt and 1/4 TSP pepper. Serve gravy with turkey.

Portion-Per-Serving Information: (Yields 12 servings): Serving = 6 oz. turkey and 1/3 cup gravy = 1 P, 1 FT