

- MAIN DISHES -

HERB ROASTED TURKEY

From the Kitchen of Senior Living Residences



prep time
3 hours



portion for
4 people



serve
hot

The Ingredients:

1 (10-12 LB) Turkey	1 Lemon and/or Orange, quartered
¼ CUP and 20 Whole Sprigs of Fresh Herbs (such as thyme, rosemary, sage, oregano and/or marjoram)	3 CUPS Water
1 Onion, quartered	2 TBSP Canola Oil
1 Apple, quartered	1 TSP Sea Salt
	1 TSP Ground Black Pepper

Cooking Steps:

1. Position a rack in the lower third of oven; preheat to 475°F.
2. Remove giblets and neck from turkey cavity and reserve for making gravy. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels.
3. Mix herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat.
4. Place onion, apple, citrus and 10 of the herb sprigs in the cavity.
5. Tuck the wing tips under the turkey. Tie the legs together with kitchen string.
6. Add water and the remaining 10 herb sprigs to the pan.
7. Roast the turkey until the skin is golden brown, 45 minutes.
8. Remove the turkey from the oven.
9. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast.
10. Reduce oven temperature to 350°F and continue roasting for 1 hour and 15 minutes to 1 hour and 45 minutes more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and/or add 1 cup water. The turkey is done when the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°F.
11. Transfer the turkey to a serving platter and cover with foil. Let the turkey rest for 20 minutes. Remove string and carve. Serve with Herb Pan Gravy.

Turn to page 32 for the perfect Herb Pan Gravy
to go with your Herb Roasted Turkey!