

Coriander-Orange Turkey

*Kobl's Stores
Food Network Magazine*

Servings: 14

*3 tablespoons coriander seeds
6 cloves garlic
3 oranges, zest finely grated and
halved
Kosher salt
freshly ground black pepper
2 sticks (one cup) unsalted butter,
room temperature
1 whole head garlic
1 (18 pound) turkey, neck & giblets
reserved for another use
1 small bunch fresh cilantro*

Preparation Time: 30 minutes

Position the oven rack on the lowest level.
Preheat to 450 degrees.

In a mini chopper (or mortar and pestle), pulse the coriander, garlic, orange zest and 3 tablespoons of salt until the mixture resembles a coarse paste. Transfer to a small bowl. Add the butter and mix until well combined.

Sprinkle salt and pepper inside the turkey cavity. Flip the turkey breast-side down. Make one slit in the skin along each thigh near the backbone. Stuff two-thirds of the butter mixture under the skin of the thighs and breasts. Stuff the cavity with the garlic head, two or three orange halves and the cilantro. Rub the skin with the remaining butter. Sprinkle with pepper.

Tie the legs together with kitchen string. Place the turkey on a rack set in a roasting pan. Scatter the remaining oranges in the pan.

Roast for 30 minutes. Lower the oven temperature to 325 degrees. Continue to roast, basting every 30 minutes, until an instant-read thermometer inserted in the thickest part of the thigh registers 160 degrees, about three hours more.

Let rest at least 30 minutes before carving.

Start to Finish Time: 4 hours 30 minutes

Per Serving (excluding unknown items): 873 Calories; 50g Fat (53.3% calories from fat); 95g Protein; 4g Carbohydrate; 1g Dietary Fiber; 349mg Cholesterol; 302mg Sodium. Exchanges: 0 Grain(Starch); 13 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	873	Vitamin B6 (mg):	1.9mg
% Calories from Fat:	53.3%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	2.1%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	44.6%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	50g	Folacin (mcg):	46mcg
Saturated Fat (g):	19g	Niacin (mg):	19mg
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	10g	Alcohol (kcal):	0
Cholesterol (mg):	349mg	% Refused:	0.0%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	95g	Lean Meat:	13
Sodium (mg):	302mg	Vegetable:	0
Potassium (mg):	1302mg	Fruit:	0
Calcium (mg):	95mg	Non-Fat Milk:	0
Iron (mg):	7mg	Fat:	2 1/2
Zinc (mg):	10mg	Other Carbohydrates:	0
Vitamin C (mg):	15mg		
Vitamin A (i.u.):	585IU		
Vitamin A (r.e.):	137 1/2RE		

Nutrition Facts

Servings per Recipe: 14

Amount Per Serving

Calories 873 **Calories from Fat:** 465

% Daily Values*

Total Fat	50g	77%
Saturated Fat	19g	93%
Cholesterol	349mg	116%
Sodium	302mg	13%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	3%
Protein	95g	
Vitamin A		12%
Vitamin C		26%
Calcium		9%
Iron		38%

* Percent Daily Values are based on a 2000 calorie diet.