

Spicy Turkey Roast

SAMPLE



Poultry at
Its Best Card **84**

Group **5**



Turkey accepts the excitingly strong flavors of garlic and herbs. Serve with cooked spaghetti or noodles and fresh garden vegetables.



Preparation time: 25 min.
Roasting time: 1½ to 2 hrs.



Oven temperature:
350°F



Microwave cooking:
see other side

For one turkey roast (4 lbs.), 8 to 10 servings, you will need:

- 1 frozen whole boneless turkey, 4 lbs., thawed as package directs
- 8 to 10 large cloves garlic
- 3 Tbsp. rosemary
- 1 tsp. paprika
- 1 Tbsp. coarsely ground black pepper
- 1 tsp. coarse Kosher style salt
- 2 Tbsp. olive oil
- Rosemary sprigs, for garnish, optional
- Red pepper, for garnish, optional

DELICIOUS

Preparation:

- 1** Remove mesh from the turkey. Lay turkey out as flat as possible on a cutting board, placing the skin side down.

- 2** Combine the garlic, rosemary, pepper and salt in the work bowl of the food processor with the steel blade in place, or in blender. Turn motor on. Add the oil, processing until coarsely chopped.

- 3** Spread half the garlic mixture over the inside of the turkey. Reroll the turkey.

- 4** Tie firmly with string every two inches to return the meat to its original log shape. Spread evenly with the remaining garlic mixture.

- 5** Place on rack in roasting pan.

- 6** Roast at 350°F for 1½ to 2 hours until a meat thermometer inserted in the center registers 170°F. A long log shape takes less time than a more compact roast.

- 7** Remove from oven. Let stand 20 minutes before removing string.

- 8** Cut thin slices to serve. Garnish with rosemary and red pepper. Scrape up cooking juices from bottom of pan. Spoon over meat, or thicken with flour and add chicken broth for a gravy, if desired.

How to Microwave Spicy Turkey Roast



Microwave setting HIGH 100%/MEDIUM 50%
Microwave cooking time 45 to 50 min.

For one turkey roast (4 lbs.), 8 to 10 servings, you will need:

- 1 frozen whole boneless turkey, 4 lbs., thawed as package directs
- 8 to 10 large cloves garlic
- 3 Tbsp. rosemary
- 1 Tbsp. coarsely ground black pepper
- 1 tsp. coarse Kosher style salt
- 2 Tbsp. olive oil
- Orange slices, for garnish, optional
- Rosemary sprigs, for garnish, optional

Tips:

Turkey cooked in the microwave is very juicy, but don't overcook it. Pour the brown juices which accumulate in the bottom of the micro-safe roasting pan over the sliced meat before serving.

Preparation:

- 1** Remove mesh from thawed turkey. Lay turkey out as flat as possible on a cutting board, placing the skin side down.
- 2** Combine garlic, rosemary, pepper and salt in the work bowl of the food processor with the steel blade in place, or in blender. Turn motor on. Add the oil, processing until coarsely chopped.

- 3** Spread half the garlic mixture over the inside of the turkey. Reroll the turkey.

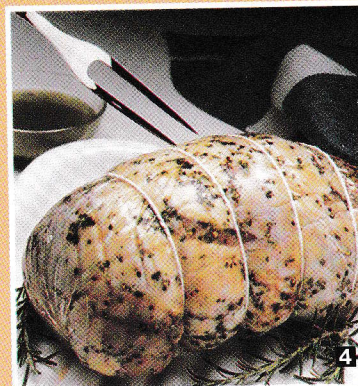
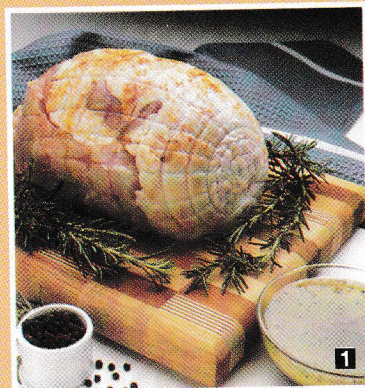
- 4** Spread outside of roll with remaining garlic mixture. Wrap firmly in microsafe plastic film. Secure firmly with string. Pierce film in two or three places with fork.

- 5** Place on microsafe cooking rack over microsafe roasting pan.
- 6** Microwave at HIGH power for 10 minutes. Turn roast over.

- 7** Microwave at MEDIUM power for 35 to 40 minutes, turning roast 2 or 3 times while cooking, until roast registers 170°F in several places (use instant reading thermometer to check temperature).

- 8** Thicken pan juices for gravy, if desired.

- 9** Remove from oven. Let stand, covered, for 15 minutes. Cut thin slices to serve. Garnish with orange slices and rosemary, if desired.



PER SERVING		PERCENTAGE OF USRDA	
Calories	264	Protein	61.8%
Protein	40.2 g	Calcium	5.6%
Fat	9.7 g	Iron	16.6%
Carbohydrates	2.0 g	Vitamin A	3.4%
Sodium	331 mg	Vitamin C	2.5%