



## **POACHED AND ROASTED TURKEY**

a method for preparing a perfectly cooked, juicy and flavorful bird.

### **Stuffing**

(see separate recipes)

### **Court Bouillon**

2 large carrots, peeled, chopped  
2 celery stalks, coarsely chopped  
2 onions peeled, coarsely chopped  
1 head of garlic, pulled apart, the cloves smashed  
thyme  
parsley  
bay leaf  
2 cups white wine  
8 cloves  
1 TB peppercorns  
turkey head, neck, and feet, if you have them  
3TB salt (0.5%)  
10 qt water

Stick the cloves into onion pieces. Fill 20 qt. stockpot 1/2 full of water and add vegetables. simmer 2 hours. Note: this bouillon can be freely interpreted. I like to go for some flavor, but do not make too acidic, or you might cause the turkey meat to break down prematurely, and incorporate metal you're if you're using non-stainless stockpot. Add the bay leaf and thyme at the beginning, but the parsley in the last 10 minutes.

### **Turkey and Sauce**

16lb turkey (get a good free range, freshly killed bird, ideally a slow or medium-slow maturing breed)  
salt  
pepper  
1/2 cup madeira (a full bodied white wine can substitute)  
2 oz cognac  
3 cups duck or turkey coulis\*, or demiglace (if you don't have 3 cups, make up the rest with stock)  
3 Tbs unsalted butter (approx)  
3 garlic cloves, finely minced  
thyme  
parsley  
aluminum foil and several strips of thin sliced bacon (about 8 oz)

- Ideally, **salt turkey 24 hours in advance**, with about 1tsp per 3lbs of turkey. Rub turkey all over the the breast side, including legs and wings. Concentrate more salt on the thicker parts.
- Place in a food grade plastic bag. perforate the bag and leave it open (covered salt rub). If you're forced to use a non-air dried factory bird then leave uncovered in the fridge for the first 12 hours to evaporate excess moisture.

**- Poach for 90 minutes.**

- When court bouillion begins simmering, remove turkey from the fridge. If you are cooking it with stuffing, stuff and sew shut now.
- Carefully lower bird by its truss into the bouillion. Use a probe thermometer and keep the temperature between 175°F and 180°F.
- Remove bird, up to an hour before it goes into the oven. Pour stock into smaller stock pot (placed in sink), and slide turkey out onto sheet pan.

**- Preheat oven to 500.°**

- Pat the bird thoroughly dry.
- Melt the butter and mix with the minced garlic, a bit of salt, and ground pepper
- Salt the bird again, much less aggressively than the original salt rub. Just a thin sprinkling over all sides of the breasts, legs, wings.
- With a pastry brush or paper towel, soak up the melted butter (leaving the garlic behind), and butter the outside of the bird.
- With a long spoon, insert the garlic under skin on each side of breast. spread it around. be careful; skin will cooked and very delicate. If you can't do it, rub garlic over the top of breasts.
- Sprinkle some additional salt (lightly if the bird was salt rubbed) and pepper on the outside of the bird. Bird can sit for up to an hour before going into oven.
- Prepare roasting pan. Do not use a roasting pan with a non-stick surface. If the pan is thin, place a heavy baking sheet underneath it in the oven. Dispense with a roasting rack and put turkey directly on a bed of the giblets, the neck, feet, and some coarsley chopped onions, carrots, etc. This keeps pan drippings from burning.- Cut off the wingtips and place with neck and giblets to put in roasting pan.
- Cover drumstick ends with a single layer of foil. Cover breast with diagoally placed strips of bacon, and then with a tripple layer of foil.

- **Put bird in oven** on rack between lower third and bottom, depending on size of the bird, with the legs facing rear of oven.\*\* Try to keep the bird equidistant from the top and sides of the oven. If you have a probe thermometer, insert probe between thigh and breast.

- Remove bacon and foil after 20 minutes

- Rotate pan so legs face front of oven after 30 minutes.

- Remove turkey from oven when probe **thermometer between thigh and breast reads 145°F / 63°C** (around 40 to 45 minutes). You want it to **rise to 150°C / 66°C** afer resting. skin should be a deep golden brown and even. replace foil in any place that appears to be overbrowning. **Breast** should read **142°F / 61°C** You want it to **rise to 147°F / 64°C**. \*\*\*

If turkey is fully browned but needs more time to come to temperature, replace foil and turn oven down to 300°.

- Move turkey to sheet pan in warm place and tent very loosely with foil. Rest for 30 to 45 minutes

- **Sauce:** If all the pan juices are all browned on the pan and veggies, pour off the fat. If not, brown them on the stove and then pour off fat. Use a strainer to catch any veggies or whatnot that fall out. Set aside to serve or discard.
- Deglaze pan with a cup or two of the poaching liquid, stir, and remove veggies etc. with a skimmer or spatula, allowing drippings to drain into the pan. The veggies can be served on the turkey platter or separately. I discard the giblets and other bird parts.
- boil down poaching liquid until re-browned. Repeat if you like.
- Deglaze again with white wine or madeira, a bit of cognac and bit more poaching liquid
- Pour into sauce pan and simmer with thyme and parsely. Simmer until reduced to a very light, syrupy consistency.
- Add glace or coulis. Simmer until consistency is right. If needed, adjust consistency with a bit of xanthan or arrowroot slurry. salt, pepper, vinegar to adjust seasoning.
- Strain into heated vessel.

\* Simmer 1 lb browned turkey or duck parts in at least two batches in veal or veal/poultry stock. Have 6 cups of stock prepared; gradually add more as mixture reduces. Add aromatics and mirepoix 1/2 way through, and freshening aromatics toward the end.

\*\* If bird won't fit with legs facing rear, then face sideways and rotate pan about halfway through cooking.

\*\*\* **Be wary of thermometer readings.** Poultry joints are hard to probe and can give large errors. Watch roasting time closely; double check with an instant read thermometer in several places, and by checking appearance, juice clarity, etc.

Stock: reserve poaching liquid to use as a base for chicken stock.

Smaller or larger birds: change time roughly in proportion to weight. (12 lb bird = 75%, etc.). Final time adjustment should be made by inspection during roast.

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