



**THE
UNDERWEAR
GOURMET**

Citrus and Herb Turkey



Ingredients:

1 Turkey (14 to 16 pounds)
1/4 cup butter, softened
2 tablespoons Italian seasoning
2 teaspoons salt
2 teaspoons pepper
1 large onion, quartered
1 medium lemon, quartered
1 medium orange, quartered
3 fresh rosemary sprigs
3 sprigs fresh sage
3 cups chicken broth, divided
1/4 cup all-purpose flour
Additional citrus fruits and herb sprigs, optional

Procedure:

1. Pat turkey dry. Combine butter and Italian seasoning. With fingers, carefully loosen skin from the turkey breast; rub half of the butter under skin. Rub remaining mixture over the skin. Rub cavity with salt and pepper and fill with onion, lemon, orange, rosemary and sage. Tuck wings under turkey; tie drumsticks together. Place breast side up on a rack in a roasting pan. Pour 2 cups broth into pan.
2. Bake at 325° for 2-3/4 to 3-1/4 hours or until a thermometer reads 180°, basting occasionally with pan drippings. Cover loosely with foil if turkey browns too quickly. Cover and let stand for 20 minutes before carving.
3. Pour drippings into a small saucepan; skim fat. Combine flour and remaining broth until smooth; whisk into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened.
4. Discard onion, lemon, orange and herbs from the turkey; transfer turkey to a serving platter. Garnish the platter with additional citrus fruits and herb sprigs if desired. Serve turkey with gravy. Yield: 14-16 servings (2 cups gravy).

Nutritional Facts

8 ounces cooked turkey with 2 tablespoons gravy equals 500 calories, 24 g fat (8 g saturated fat), 223 mg cholesterol, 650 mg sodium, 2 g carbohydrate, trace fiber, 64 g protein.