PRIMAL GUIDE

Animal-Based Herb Butter Roast Turkey

PREP 30 MIN (PLUS AN OVERNIGHT SALT, IF YOU CAN)

COOK 2½ TO 4¼ HR, DEPENDING ON SIZE • YIELD 10 TO 14 SERVINGS (12 TO 14 LB BIRD)

INGREDIENTS

- 1 pasture-raised turkey, 10 to 18 lb, thawed, neck and giblets removed
- 1 tbsp salt per 5 lb of turkey
- 1 cup (2 sticks) grass-fed butter, softened
- 1 apple and 1 lemon, quartered, for the cavity (optional)
- 3 cups turkey, chicken or beef bone broth
- 2 tbsp grass-fed butter, for the gravy
- 1 tbsp grass-fed beef gelatin (optional, for a thicker gravy)
- 2 tbsp chopped fresh sage and thyme, mixed into the butter (optional; not animal-based, but a fine healthy option)

STEPS 1–5

1. The day before, pat the turkey dry and rub the salt all over and inside. Refrigerate it uncovered overnight.
2. Take the turkey out of the fridge 1 hour before roasting. Heat the oven to 425°F (220°C).
3. Mix the softened butter with the herbs, if using.
4. Loosen the skin over the breast and thighs with your fingers. Push most of the butter underneath and spread it evenly. Rub the rest over the outside.
5. Tuck the apple and lemon into the cavity, if using. Tie the legs together with kitchen twine and tuck the wing tips under.

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Not medical advice. Talk with your doctor about your diet.

Two-sided card. Print at 100% (Actual size), not Fit to page, on US Letter, double-sided, flip on long edge, then trim to the marks. Card: 4 × 6 in landscape.

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STEPS 6–14 (CONTINUED)

6 Set the turkey on a metal rack in a stainless or enameled roasting pan. Pour 1 cup of broth into the pan.

7 Roast for 30 minutes at 425°F, then lower the oven to 325°F (160°C).

8 Keep roasting, using the time guide below. Baste every 45 minutes, and tent the breast with foil if it browns too fast.

9 The turkey is ready when the juices run clear from the thickest part of the thigh and the leg wiggles loosely in its joint. Cook it to your preference.

10 Move the turkey to a board, tent it with foil, and rest it 30 to 40 minutes.

11 Pour the drippings into a glass cup and skim off most of the fat.

12 Set the roasting pan over medium heat. Add the drippings and the remaining 2 cups of broth, and scrape up the browned bits.

13 Simmer 10 to 15 minutes, until reduced by about a third. For a thicker gravy, bloom the gelatin in ¼ cup cold broth and whisk it in.

14 Whisk in the butter off the heat, taste for salt, and serve with the carved turkey.

Use the time guide. After the first 30 minutes at 425°F, typical ranges are: 10 to 12 lb, 1¾ to 2½ hr; 12 to 14 lb, 2¼ to 3 hr; 14 to 18 lb, 2¾ to 3¾ hr. Pasture-raised birds often cook faster.

Back of card (steps). Page 1 is the front (ingredients). Trim to the marks after duplex printing.