

juicy roast turkey

prep time 10min

cooking time 2.5 hours



this recipe is free from gluten, dairy and sugar.

ingredients

free range whole turkey
2-3 lemons, halved
1 small onion, quartered
4 sprigs rosemary
2-3 cloves garlic
extra virgin olive oil
sea salt

notes

stuffing and basting the turkey with moisture from lemon and olive oil helps to keep the turkey juicy and not drying out.

method

1. pre-heat oven to 180°C (160°C fan-forced).
2. pat dry turkey. stuff turkey cavity with 2 lemon halves, onion quarters, garlic and rosemary. tie together legs with kitchen string.
3. place turkey on a rack in a roasting pan.
4. brush turkey with a generous amount of olive oil and squeeze over juice of 1 lemon. season with sea salt. cover with foil.
5. roast in oven for 1 1/4 hours. remove foil. baste with olive oil and squeeze over lemon. roast uncovered for a further 1 - 1 1/4 hrs or until turkey is cooked through and skin is golden. rebaste turkey with olive oil and lemon juice every 20 minutes for extra juicy results.
6. transfer to a carving board. rest for 20 minutes before carving.

