

# Herby Turkey

## By: Chef Ebony Griffin

### Ingredients:

- (1) 10-12 lb. Turkey
- ¼ cup of minced fresh herbs (Rosemary, Thyme, Sage, Marjoram, Oregano) + 20 Sprigs of herbs
- 2 Tbsps. Avocado Oil
- 1 Tbsp. Kosher Salt
- 2 Tsp. Ground Black Pepper
- Aromatics (Apple, Lemon, Onion, 1 of each, quartered, plus 2-3 smashed cloves of garlic)
- 2 Cups of water

### Equipment:

- Large Roasting Pan (No aluminum disposable pans if possible)
- Roasting Rack
- Butcher's Twine
- Instant Read Thermometer



### Instructions:

- Preheat oven to 475°F.
- Remove giblets from the turkey cavity and set aside for gravy. Place the turkey breast side up on a roasting rack in a large pan and pat dry.
- In a small bowl, mix minced herbs and avocado oil. Rub the mixture all over the turkey, including under the skin.
- Fill the cavity with aromatics, 10 herb sprigs, and smashed garlic cloves. Tuck wing tips under and tie legs with butcher's twine.
- Pour water and add remaining herb sprigs to the bottom of the pan.
- Roast for 45 minutes, until skin is golden brown. Remove from oven and cover the breast with foil.
- Reduce oven temperature to 350°F and continue roasting until the thigh and breast reach 165°F, about 1¼–1½ hours more. If the pan dries out, tilt turkey to release juices or add up to 1 cup water.
- Transfer turkey to a platter, cover with foil, and rest 20 minutes. Remove twine, carve, and serve.

Adapted from eatingwell.com's Herb Roasted Turkey recipe .