

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
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**Vietnamese-Style Roasted Turkey and Gravy
Recipe by Quan Bui, BMC Interpreter**

Makes 12-15 servings

Ingredients:

15 pound turkey
1 bunch fresh parsley, chopped
2 tablespoons chopped fresh thyme
2 tablespoons chopped fresh sage
2 tablespoons chopped fresh rosemary
2-3 tablespoons chopped fresh garlic
1 tablespoon fish sauce (nuoc- mam)
1 tablespoon chili paste
1 teaspoon salt
1 teaspoon ground pepper

For the Gravy:

¼ cup oil
½ cup flour
1 quart turkey or chicken broth
Pan drippings

Directions:

1. Preheat oven to 325 degrees.
2. Chop the parsley, thyme, sage, and rosemary. Place in a bowl. Add the garlic, fish sauce, chili paste, salt and pepper and mix to combine.
3. To prepare the turkey: Using your hands, carefully loosen the skin from the meat, around the turkey. Rub the herb mixture between the meat and the skin.
4. Place the turkey on a roasting pan breast-side down. Roast breast-side down for the first 2-2 1/2 hours. Then flip and roast the last hour breast-side up. Baste turkey every 30 minutes with pan drippings.
5. For the gravy: In a medium sauce pan, heat the oil on low-heat. Add flour, using a whisk, mix with oil. Cook for 3- 5 minutes, stirring often. Whisk in the chicken stock. Using a spoon, remove and discard the fat from the pan drippings. Add pan dripping to the gravy. Simmer 15 minutes.

Recipe Note: When roasting turkey, plan on 15-20 minutes per pound.