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Chef Marc's recipe for High-heat turkey and stuffing

Staff reporter

Visit <http://chefmarc.com> for more information about Chef Marc's recipes

Directions for Chef Marc's Easy High Heat Turkey (listed below):

Dry a 16 to 18 lb. turkey inside and out with paper towels.

Oil the turkey inside and out with any kind of vegetable oil (olive, canola, etc.) using your hands.

Cut away any excess skin around the opening of the cavity and wedge a fork inside the cavity to open it further. Leave the fork in.

Why? Heat cooks. Opening the cavity will allow the heat to cook the bird from the inside as well as the outside.

Rub spices, herbs, or just pepper all over the bird with your oily fingers.

Why? Herbs and spices create a crust on the skin that seals in the flavor and juices.

Place the turkey, breast side down on a rack in a large metal roasting pan.

Why? The rack keeps the turkey from steaming on the bottom of the pan. Why metal? It conducts heat better than glass or ceramic.

Cover the top of the turkey, including legs and wings with greased foil.

Why? High heat can cook too well. Loosely covering the top of the turkey will keep it from burning.

Pour ¾-inch of chicken or turkey broth in the bottom of the pan. As the turkey cooks, check the liquid every 45 minutes and add more in case it evaporates.

Why? To catch the juices and fat as they drip from the turkey so that they will not burn from the high heat of the oven and stick on the bottom of the pan. You will be able to use this liquid as a base for your gravy.

Cook the turkey at 500° to 525° for 2 hours.

Remove foil, stuff the turkey with cooked stuffing and return it to the rack breast side up.

How? Use Chef Marc's easy method: Using oven mitts, place the turkey, cavity up, into a five-gallon plastic container. Then spoon the stuffing in.

Cook the turkey 30 to 45 minutes longer until an instant-read thermometer stuck deep in the thigh reads 175°.

Let the turkey rest at least 20 minutes.

Why? Resting allows the meat to reabsorb its juices.

5 rules for the perfect high heat turkey:

1. DON'T SALT or use seasoned salt or any spice blend containing salt on the turkey before cooking.
2. DON'T LET THE BIRD TOUCH THE PAN You want to roast the turkey, not stew it. When the turkey sits on the bottom of the pan, instead of on a rack, or is squeezed into a too-small pan, the hot air is unable to envelop the turkey causing it to cook in its juices rather than in high heat roast.
3. DON'T BASTE THE TURKEY It will break the caramelization, slow down cooking, and use up the great pan juices that have accumulated in the pan.
4. DON'T USE A FORK TO TURN OR CHECK THE TURKEY Piercing the meat will allow the flavorful meat juices to escape.
5. DON'T COVER THE TURKEY WITH CHEESE CLOTH I don't care what Martha says...covering the bird with cheesecloth will prevent browning. It will make a mighty tasty cheesecloth, though...if you are into that kind of thing....

Chef Marc's Turkey Stuffing

Ingredients:

For 12, (one large turkey stuffed and residual in baking pan).

- * Giblets and neck from your turkey, (Approximately 1 lb.) No livers
- * 2-3 large cans of chicken broth
- * 1 1/2 lbs mild Italian sausage
- * 2 cubes unsalted butter
- * 1/4 cup olive oil
- * 1/2 lb fresh mushrooms, sliced
- * 3 cups coarsely chopped carrot
- * 2 cups finely chopped onions

- * 1/2 cup celery cubes (1/4 - 3/8")
- * 1 leek, white part only chopped fine
- * 2 bags stuffing mix, (I mix one cornbread and one herb)
- * 2 cups chopped pecan, (put on cookie sheet and heat at 400 deg. For 5 min. to dry)
- * 1 large granny smith apple, peeled and cubed (1/2" cubes)
- * 1 cup dried chopped cranberries (craisins)
- * 2 large tbsp. Of herb de Provence
- * 1 tbsp kosher salt

Preparation:Boil giblets and neck in 1 can broth on a low simmer for approx. 3 hours, cool, Pull meat off neck bone and chop giblets in small cubes; discard bone, but reserve broth.

Remove casing from sausage. Sauté in a medium pan over medium heat until browned. Break up chunks (can be done in Food processor). In a pre-heated medium sauté pan melt 1/2 cup butter and 1/8 cup olive oil, sauté mushrooms over high heat until light browned on each side, remove and set aside. Add remaining butter and oil to sauté pan and sauté carrots, onions, celery and leek over med - high heat for approx. 10 - 12 minutes until you get a little color.

Immediately:

In a large mixing bowl, place the dry stuffing mix, cooked sausage, vegetables, pecans, apples, cranberries, herbs and kosher salt. Boil the reserved chicken stock and add hot to mixture and envelop into dry mixture until dry stuffing mix is moist, use gloves. (You may want to add more hot chicken stock if needed). Use this to stuff your turkey hot or put in baking pan and cover with foil and bake at 350 for 35 minutes.

Serves 12.

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