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ROAST TURKEY CROWN WITH PRUNE AND LEEK STUFFING

The perfect Christmas dinner for feeding a smaller number without using whole turkey.

Serves 6

Per serving: 338 cal, 0.7% fat
(excluding accompaniments)

Prep time: 20 mins

Cook time: 2-3 hours

INGREDIENTS

1kg turkey crown

1 head celery

1 onion, peeled

For the stuffing:

2 leeks, washed & chopped

100g granary breadcrumbs

100g low-fat sausages

(per 100g 120 cals 3.2g fat)

200g ready to eat prunes, chopped

(You could use dried apricots if you prefer)

2 tbsps chopped parsley

1 tsp vegetable stock powder

METHOD

1. Make the stuffing by dry-frying the leek until soft. Spoon into a mixing bowl and add the remaining ingredients mixing together with a little boiling water. Allow to cool.
2. Weigh the turkey crown and calculate the cooking time from the instructions given. Preheat the oven to 190°C, 375°F, Gas Mark 5. Place the stuffing under the skin folding the skin over to keep it in place. Place the celery on a roasting rack and sit the turkey on top.
3. Cut the onion into wedges and place around the turkey. Place the wire rack over the roasting tin and pour 600ml (1 pint) water around. Cover with foil and roast in a preheated oven, basting with the juices from time to time.
4. To serve, remove the turkey from the oven and allow to rest for 10 minutes covered with kitchen foil. Drain the meat juices into a gravy separator. Allow to stand and for the fat to float to the top. Then drain off the meat juices from the bottom of the gravy separator into a saucepan and discard the fat. Add more water to the meat juices if required and, when boiling, thicken with chicken gravy granules, stirring continually.
5. It is essential to allow the roasted turkey to rest before carving. Depending on the size of the crown, a resting period of 10-15 minutes will allow the meat to reabsorb the juices released during cooking and the meat allows an even surface when sliced. Always carve with the blade of the knife facing away from you using long cutting strokes the full length of the knife. Serve with dry-roasted potatoes and festive vegetables of your choice, topped with the low-fat gravy.