

Christmas turkey crown with all the trimmings

Prep: 45 mins • Cook: 2 hrs 10 mins • Serves: 8

Enjoy a traditional Christmas dinner that is low potassium, low phosphate and low salt which leaves an allowance for a festive treat during the day.

Ingredients

Roast turkey with gravy

- 1.5kg turkey crown
- Turkey bones and giblets
- 75g butter
- 1 garlic clove
- Orange zest
- 1 tablespoon fresh flat leaf parsley
- 1 teaspoon fresh thyme
- 50ml sunflower oil
- 1 tablespoon plain flour
- 300ml low salt chicken stock

Sage and onion stuffing

- 75g butter
- 1 small onion
- 1 teaspoon fresh sage
- 175g fresh white breadcrumbs

Carrots with fennel and tarragon

- 340g Carrots
- 25g butter
- 1 teaspoon fennel seeds
- 2 tablespoons tarragon, chopped

Pan-fried Brussel sprouts with nutmeg

- 300g Brussel sprouts
- 2 tablespoon olive oil
- 25g butter
- 1 red onion
- 1 tablespoon parsley, chopped
- 1 nutmeg seed

Crispy potatoes

- 800g potatoes
- 75g plain flour
- 1 teaspoon fresh rosemary
- 50ml olive oil
- 1 red onion



Everyday dish

✓	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
42g	Carbohydrate	572Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.



Carbohydrate The main source of carbohydrate in this meal is from the potatoes and vegetables. The total carbohydrate value has been provided for those who are trained in insulin adjustment.

Phosphate/potassium When following the quantities recommended this traditional Christmas dinner is a low potassium and low phosphate meal. The meal will contain some phosphate from the turkey. If you have been prescribed a phosphate binder, ensure you take them with this dish.

Protein The recommended serving size is 100g of cooked turkey per person. That makes the overall protein content of this dish quite high, which is great if you are receiving dialysis. If you have been advised to follow a lower protein diet, reduce the amount of cooked turkey to 75g per person.

Special diets

Gluten free: Use gluten free flour, breadcrumbs and stock cubes. **Vegetarian:** Everything except the turkey and gravy is suitable if you are following a vegetarian diet.



Cooking in the kitchen with Chef Paul Ripley

Turkey crowns are ideal for smaller families or those with smaller ovens. We have adapted the recipe for a traditional Christmas dinner with lots of extra flavour in the vegetables.



1

To make the stuffing, peel and dice onion. Add onion, butter and chopped sage to frying pan. Once the onion is soft add the breadcrumbs and stir well until combined. Pour onto buttered tin foil, roll tightly and refrigerate until needed.



2

Preheat oven to 190c / gas mark 5. Mix butter, crushed garlic, orange zest and chopped herbs. Spread under the skin of the turkey. Add giblets to the roasting pan, drizzle with oil. Cover turkey with foil and cook for recommended cooking time.



3

Baste regularly and remove the foil for the last 30 mins of cooking time. Once cooked remove from the oven, cover with foil. Allow the meat to rest for at least 30 mins, whilst cooking the potatoes, stuffing and vegetables.



4

Turn oven to 200C / gas mark 6. Peel and cube potatoes, blanch for 5-10 mins, drain and dry. Toss in flour and rosemary before adding to roasting tin with a little oil. Peel, slice and blanch carrots for 5-10mins then drain.



5

Roast potatoes and stuffing for 30 mins. In final 10 mins, add sliced red onion to potatoes, fry sprouts with butter, herbs and diced onions, grate in nutmeg. Fry carrots, butter and fennel seeds, add tarragon before serving.



6

For gravy, place roasting tin on hob with giblets and cooking juices. Stir in the flour, add the chicken stock and whisk for 5 mins before passing through a sieve. Serve all dishes on a warm platter and carve the turkey.



Cooking time The recommended cooking time for turkey crowns are 20 minutes per kg, plus 70 minutes if the joint weighs less than 4kg, and plus 90 minutes if it weighs more than 4kg. Check your joint is cooked by piercing the thickest part. The juices which run out should be clear and not tinged with pink. Once cooked rest the meat covered in foil for at least 30 minutes.

Tips The stuffing can be made the day before and the vegetables blanched in advance on the morning. Blanching is briefly boiling in water, often as a prelude to cooking it further.

Storage Any leftover turkey and vegetables should be allowed to cool, then be refrigerated and consumed within two days.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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