

THE

CrossFit

KITCHEN



### BACON BUTTERNUT TURDUCKEN

by Nick Massie

#### overview

Make this savory dish the centerpiece of your holiday dinner table and you're sure to wow your guests. With turkey, duck and chicken, there's something for everyone in this holiday classic with Nick Massie's personal touch.

#### turducken ingredients

- 1 16-to-18-lb. turkey, deboned except for legs and thighs
- 1 3-to-4-lb. duck, deboned
- 1 3-to-4-lb. chicken, deboned
- 5 tbsp. Paleo Nick's Super Radical Rib Rub, or a mixture of 4 tbsp. kosher salt and 1 tbsp. black pepper

#### stuffing ingredients

- 1 lb. bacon, chopped
- 1 large yellow onion, diced
- 3 stalks celery, diced
- 1½ butternut squash, roasted, peeled, seeded and diced
- ½ bunch Italian parsley, stems removed, roughly chopped
- 5 tbsp. Paleo Nick's Super Radical Rib Rub or a mixture of 4 tbsp. kosher salt and 1 tbsp. black pepper

#### brine ingredients

- 1½ gallons water
- 1½ c. kosher salt

#### other items you'll need

- 10 10-in. bamboo skewers
- Butchers twine
- Aluminum foil
- Roasting pan with rack

#### directions

To brine your birds, use a whisk to dissolve the salt in the water. Once the salt is dissolved, add the birds and refrigerate for 24-48 hours before cooking. This can also be done overnight, but the longer you brine, the better.

1. Preheat oven to 375 F.
2. In a stockpot over medium heat, cook your bacon until crispy, then add onion and celery and continue cooking until onions are translucent and celery is soft.
3. Remove the pot from heat and fold in the butternut squash and parsley. Your stuffing is complete.
4. Season both sides of the turkey, duck and chicken with Paleo Nick's Super Radical Rib Rub or salt-and-pepper mixture.
5. Place the turkey on a cutting board skin side down. Scoop a third of the stuffing onto the turkey and spread evenly.



6. Place the duck, skin side down, on top of the turkey and stuffing. Scoop a third of the stuffing mixture onto the duck and spread evenly.
7. Place the chicken, skin side down, on top of the duck and stuffing. Scoop the final third of the stuffing onto the chicken and spread evenly.
8. Roll and tie the turducken by pulling the turkey skin up and over the top of the meat/stuffing pile on both sides.
9. Grab your skewers, butchers twine and an extra set of hands. Starting at one end while your assistant holds the turducken together, insert several skewers across the bird, joining the two sides together. Then, weave the butchers twine between the skewers, pulling the twine tight after every couple of skewers. Once you reach the other end, tie the twine off with a double knot and cut away excess string.
10. Flip the bird over onto your roasting rack and tie the legs together in traditional turkey fashion.
11. Place the turducken in the preheated oven for approximately 4 hours or until the thighs read 185 F and the center reaches 165 F. If your bird appears too dark at any point, you can cover with foil to prevent further darkening. But there's really no such thing as too dark!
12. When the turducken is done, remove from oven, cover with foil and allow to rest for 20-30 minutes.
13. Use an extra set of hands to remove under trussing (skewers and twine). Then, starting at the end opposite the legs, slice across the entire boneless turducken. You can serve in slices or cut across the slices to give more of a cubed chop effect.
14. Either way you slice it, turducken is sure to be your new go-to for holiday protein.