Italian Sausage Stuffing

SIDES

YIELD
10 servings: stuffs a 12–14 lb turkey, the rest in a dish

ACTIVE
≈45 min

TOTAL
≈45 min + roasting (3½–4 h)

OVEN
325 °F (163 °C)

PER SERVING
525 kcal · 961 mg Na · 18 g protein

EQUIPMENT
Dutch oven, 6 qt · Potato masher · 9×13 in baking dish · Probe thermometer · Foil

#	INGREDIENT	MASS	VOLUME	PROCEDURE
MAKE THE STUFFING (RIGHT BEFORE THE BIRD GOES IN)				
1	Water, *hot*	711 g	3 cups	Whisk the Better Than Bouillon into the hot water. This is the stock; it gets used in two halves.
	Chicken stock, Better Than Bouillon	18 g	1 tbsp	
2	Butter, unsalted	85 g	6 tbsp	Melt the butter in the Dutch oven over medium-high until the foam settles, ≈2 min. Don't let it brown.
3	Italian sausage, Bob Evans roll	454 g	1 lb	Add the sausage and mash it with the potato masher into small bits, none bigger than ¼ in. Cook, stirring often, until only a few bits of pink are left, ≈8 min. Don't drain it.
4	Onion, yellow, *finely chopped*	240 g	1½ cups	Add the onion, celery, garlic and Italian seasoning to the sausage. Cook, stirring often, until the vegetables are soft, ≈10 min.
	Celery, *finely chopped*	192 g	3 large stalks	
	Garlic, *minced*	6 g	2 cloves	
	Italian seasoning		2 tsp	
5	Black pepper		to taste	Off the heat, stir in half the stock (1½ cups). Taste and add pepper. Add salt only if it needs it; the sausage and stock are already salty.
6	Eggs	100 g	2 large	In a bowl, whisk the eggs into the other half of the stock. Stirring the pot the whole time, slowly pour the egg mixture into the sausage mixture.
7	No-Knead Sandwich Bread, dried, *¼–½ in croutons*		1 loaf	Add the croutons and fold gently with a spatula until they're all evenly moistened.
STUFF + ROAST				
8				Right away, spoon the stuffing loosely into the turkey's cavity, ½–¾ cup per lb of turkey (6–10 cups for 12–14 lb). Don't pack it; it swells as it cooks. Roast the turkey at once at 325 °F (163 °C): a stuffed 12–14 lb bird takes 3½–4 h.
9				Butter the 9×13 dish, spread the rest of the stuffing in it, cover tightly with foil and refrigerate. Bake it beside the turkey for the last

Source: J. Kenji López-Alt, Classic Sage and Sausage Stuffing (The Food Lab), scaled to 1 loaf; Illinois Extension (stuffing the bird)

#	INGREDIENT	MASS	VOLUME	PROCEDURE
				hour, until the center reads 165 °F (74 °C). Uncover for the last ≈15 min to crisp the top.
10				When the turkey is done, push the probe through the cavity into the center of the stuffing: it must read 165 °F (74 °C). Let the turkey rest 20 min; the stuffing climbs a few degrees. Still under 165 °F (74 °C)? Put the turkey back in the oven. Then scoop all the stuffing into a dish before carving.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Chicken stock, Better Than Bouillon	18 g	30	2,040	3
Butter, unsalted	85 g	610	9	1
Italian sausage, Bob Evans roll	454 g	1,784	3,160	81
Onion, yellow	240 g	96	10	3
Celery	192 g	27	154	1
Garlic	6 g	9	1	0
Italian seasoning		6	1	0
Eggs	100 g	143	142	13
No-Knead Sandwich Bread, dried		2,549	4,097	77
Total		**5,254**	**9,613**	**179**
Per serving (1/10)		**525**	**961**	**18**

Nutrition: USDA FoodData Central: Branded Foods labels (Bob Evans Italian Sausage roll, FDC 2038582; Better Than Bouillon Roasted Chicken) and SR Legacy (unsalted butter, onion, celery, garlic, egg, Italian seasoning as dried oregano). Croutons: the whole No-Knead Sandwich Bread card. The sausage is counted raw, fat and all. Water and pepper not counted; turkey drippings soaked up in the bird can't be.

NOTES

- His recipe uses 2½ lb of bread; one ≈2 lb loaf is ≈0.8×, so the butter, celery, stock and eggs are scaled to match. Italian seasoning replaces his sage; his parsley is left out. 165 °F (74 °C) is the USDA number; his dish version stops at 150 °F (66 °C).
- Safety (Illinois Extension): never stuff the bird ahead. The cooked sausage mix and the croutons can be made a day ahead and kept apart, sausage mix in the fridge; combine with the stock and eggs only right before stuffing.
- Leftovers: refrigerate within 2 h, eat within 1–2 days, and reheat to 165 °F (74 °C).