

**100%**
HEALTH SCORE

Allspice Gravy

 Very Healthy

READY IN

**150 min.**

SERVINGS

**1**

CALORIES

**6813 kcal**

SAUCE

Ingredients

- 1 tablespoon allspice
- 2 tablespoons allspice
- 0.5 teaspoon peppercorns black
- 3 tablespoons peppercorns black
- 75 grams butter
- 1 tablespoon caraway seeds
- 2 carrots peeled halved
- 1 stick celery halved

- 1 cinnamon sticks
- 1 stick cinnamon (1/2-inch)
- 2 tablespoons clear honey
- 4 tablespoons clear honey
- 1 clementine juiced
- 2 tablespoons flour all-purpose
- 3 bay leaves fresh
- 3 inch ginger cut into 6 slices
- 3 tablespoons maple syrup
- 4 tablespoons maple syrup
- 2 tablespoons mustard seeds white
- 1 onion peeled halved
- 2 onions quartered
- 1 cranberry-orange relish quartered
- 1 Handful parsley leaves fresh (only if you've got some parsley hanging around)
- 3 teaspoons salt
- 4 star anise
- 200 grams caster sugar
- 500 grams salt
- 9 pound turkey (4 to 5-kg)
- 1 serving giblets from turkey (not including the liver)
- 2 pints water
- 6 liters fluid-ounces water

Equipment

- bowl
- sauce pan
- oven
- knife

- whisk
- pot
- sieve
- roasting pan
- measuring cup

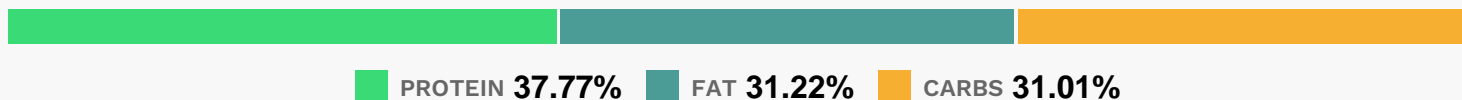
Directions

- Place the turkey giblets, water, allspice berries, black peppercorns, bay leaves, cinnamon stick, celery, carrots, onion, salt and clementine zest and juice into a large saucepan and bring the mixture to a boil. Cover the saucepan with a lid and reduce the heat so that the mixture simmers gently. Cook for 2 hours.
- Remove the saucepan from the heat and strain the gravy stock through a sieve into a clean large measuring jug. This should give you about 1 liter of stock.
- When you are ready to make the gravy, remove the cooked turkey from the roasting pan and let it rest on a clean carving board.
- Pour the turkey juices from the roasting tin into a clean saucepan.
- Place the flour into a small bowl.
- Add a few tablespoons of the gravy stock and mix well with a handheld whisk.
- Add the flour and stock mixture to the saucepan and mix well over medium heat until the ingredients have combined.
- Gradually add the stock and honey to the saucepan and mix well.
- Let the gravy bubble away until it thickens and the floury taste disappears.
- Pour into a jug or sauceboat and serve with cooked Nigella's Spiced and Super-Juicy Roast Turkey.
- Place the water into your largest cooking pot or bucket/plastic bin and add all the turkey ingredients, stirring to dissolve the salt, sugar, syrup and honey. (Squeeze the juice of the orange quarters into the brine before you chuck in the pieces.)
- Untie and remove any string or trussing attached to the turkey, shake it free and add it to the liquid.
- Add more water if the turkey is not completely submerged. Keep the mixture in a cold place, even outside overnight or for up 1 or 2 days before you cook it, remembering to take it out of its liquid (and wiping it dry with kitchen-towel) a good 40 or 50 minutes before it has to go

into the oven. Turkeys – indeed this is the case for all meat – should be at room temperature before being put in the preheated oven. If you're at all concerned – the cold water in the brine will really chill this bird – then just cook the turkey for longer than its actual weight requires.

- Place the butter and syrup into a saucepan and cook over a low heat, while stirring, until the ingredients have melted and combined.
- Brush the turkey with the glaze before roasting, and baste periodically throughout the roasting time.
- Preheat the oven to 425 degrees F.
- Cook the turkey for 30 minutes at this relatively high temperature, then turn the oven down to 350 degrees F and continue cooking, turning the oven back up to 425 degrees F for the final 15 minutes or so if you want to give a browning boost to the skin. For a 9 to 11-pound turkey, allow 2 1/2 to 3-hours in total. But remember that ovens vary enormously, so just check by piercing the flesh between leg and body with a small sharp knife: when the juices run clear, the turkey is cooked.
- Just as it's crucial to let the turkey come to room temperature before it goes in to the oven, so it's important to let it stand out of the oven for a good 20 minutes before you actually carve it.

Nutrition Facts



Properties

Glycemic Index:773.97, Glycemic Load:264.21, Inflammation Score:-10, Nutrition Score:91.673478333846%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Apigenin: 9.79mg, Apigenin: 9.79mg, Apigenin: 9.79mg, Apigenin: 9.79mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 68mg, Quercetin: 68mg, Quercetin: 68mg, Quercetin: 68mg

Nutrients (% of daily need)

Calories: 6813.16kcal (340.66%), Fat: 238.75g (367.31%), Saturated Fat: 82.71g (516.93%), Carbohydrates: 533.66g (177.89%), Net Carbohydrates: 496.36g (180.49%), Sugar: 430.39g (478.21%), Cholesterol: 2251.47mg (750.49%), Sodium: 205026.56mg (8914.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 649.93g (1299.86%), Vitamin

B3: 227.66mg (1138.29%), Selenium: 678.32µg (969.02%), Vitamin B6: 18.46mg (923.08%), Vitamin B12: 35.62µg (593.65%), Manganese: 11.72mg (586.23%), Phosphorus: 5850.25mg (585.02%), Vitamin A: 25197.68IU (503.95%), Vitamin B2: 7.78mg (457.35%), Zinc: 58.06mg (387.05%), Magnesium: 1111.42mg (277.85%), Potassium: 9388.13mg (268.23%), Vitamin B5: 25.8mg (258%), Copper: 4.73mg (236.47%), Iron: 39.74mg (220.76%), Vitamin C: 157.96mg (191.47%), Vitamin B1: 2.3mg (153.66%), Calcium: 1529.57mg (152.96%), Fiber: 37.3g (149.21%), Vitamin K: 156.15µg (148.71%), Folate: 454.79µg (113.7%), Vitamin D: 8.7µg (58.02%), Vitamin E: 7.57mg (50.47%)