



Bacon-Wrapped Turkey with Pear Cider Gravy

READY IN



255 min.

SERVINGS



10

CALORIES



1220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon smoked thinly sliced
- 3 medium celery stalks halved
- 1 medium bay leaves dried
- 1.5 cups cider hard
- 6 tablespoons flour all-purpose
- 8 medium sage fresh
- 5 sprigs thyme sprigs fresh
- 10 medium garlic clove peeled
- 3 cups chicken broth low-sodium at room temperature

- 6 medium pears such as anjou or bosc ripe
- 18 pound turkey fresh
- 6 tablespoons butter unsalted ()
- 3 tablespoons vegetable oil
- 2 medium onion white peeled halved

Equipment

- food processor
- paper towels
- sauce pan
- oven
- whisk
- sieve
- toothpicks
- roasting pan
- spatula

Directions

- Heat the oven to 400°F.
- Remove the turkey from the refrigerator and let it come to room temperature for 30 minutes.
- Remove the giblets and neck; reserve the neck. Rinse out the turkey's cavity and thoroughly pat dry with paper towels. Trim most of the excess fat and skin from the neck and cavity, and make 3-inch slits through the skin where the legs meet the breast. Rub the turkey all over with 2 tablespoons of the vegetable oil, then season generously with salt and freshly ground black pepper. Season the cavity with salt and pepper, and place 1 onion half, 1 celery piece, and 2 garlic cloves inside.
- Place the turkey in a large roasting pan. Arrange the neck and remaining onions, celery pieces, and garlic cloves in the pan, and place in the oven. Roast for 30 minutes, then lower the temperature to 350°F. Every 45 minutes, baste the bird with the pan drippings. About 45 minutes before the turkey is finished or when the internal temperature of the inner thigh reaches 145°F, cut the pears in half and remove the cores and stems.

- Brush each half with the remaining 1 tablespoon vegetable oil and season well with salt and freshly ground black pepper.
- Remove the turkey from the oven and overlap bacon strips across the breast and around the legs. If desired, secure the bacon strips about 1 inch from the edges with toothpicks. Arrange the pear halves in the roasting pan and return the turkey to the oven. Roast until the internal temperature of the inner thigh reaches 155°F.
- Remove the turkey from the oven and let it rest uncovered while you prepare the gravy, or for at least 30 minutes before carving.
- Place 4 reserved pear halves and 1 reserved onion half in a food processor and purée until smooth, about 2 minutes. Reserve. Make a roux by melting the butter in a large saucepan over medium heat. When it foams, add the flour and whisk continuously until well combined. Cook until the flour loses its raw flavor and starts to emit a toasty aroma, about 2 minutes.
- Whisk in the chicken broth until smooth, add the herbs and reserved pear purée, and bring to a simmer.
- Pour off as much grease as you can from the roasting pan without removing any of the pan juices and set the pan over two burners over medium heat. When the pan juices begin to sizzle, slowly pour in the pear cider and cook, scraping up any browned bits with a flat spatula.
- Add the cider mixture to the gravy and stir to combine. Simmer until thickened slightly, about 15 minutes. Season with salt and freshly ground black pepper, then strain through a fine mesh strainer. Carve the turkey and serve with the gravy. Beverage pairing: D'Arenberg d'Arry's Original Shiraz Grenache, South Australia. This Australian Shiraz-Grenache puts dark-berry fruit first and foremost; it has the gutsiness and smoke for the bacon, while the rosy Grenache will be a nice match for the turkey.

Nutrition Facts

 **PROTEIN 44.76%**  **FAT 46.8%**  **CARBS 8.44%**

Properties

Glycemic Index:24.58, Glycemic Load:8, Inflammation Score:-9, Nutrition Score:43.195652464162%

Flavonoids

Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 1219.93kcal (61%), Fat: 62.26g (95.78%), Saturated Fat: 19.61g (122.57%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 21.3g (7.74%), Sugar: 12.79g (14.21%), Cholesterol: 465.37mg (155.12%), Sodium: 976.67mg (42.46%), Alcohol: 1.77g (100%), Alcohol %: 0.25% (100%), Protein: 133.98g (267.95%), Vitamin B3: 47.53mg (237.66%), Selenium: 134.85µg (192.64%), Vitamin B6: 3.7mg (184.98%), Vitamin B12: 7.38µg (123.07%), Phosphorus: 1178.9mg (117.89%), Zinc: 11.15mg (74.36%), Vitamin B2: 1.2mg (70.33%), Vitamin B5: 5.08mg (50.84%), Potassium: 1630.43mg (46.58%), Magnesium: 163.66mg (40.91%), Copper: 0.72mg (35.81%), Iron: 5.92mg (32.88%), Vitamin B1: 0.47mg (31.25%), Fiber: 3.96g (15.85%), Folate: 61.49µg (15.37%), Vitamin D: 2.05µg (13.64%), Vitamin K: 13.29µg (12.66%), Manganese: 0.25mg (12.46%), Vitamin A: 608.5IU (12.17%), Vitamin C: 8mg (9.7%), Calcium: 94.46mg (9.45%), Vitamin E: 1.39mg (9.24%)