



## Best Gravy Ever

 Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



758 kcal

SAUCE

## Ingredients

- 1.5 teaspoons allspice
- 12 servings pepper black freshly ground
- 1 tablespoon peppercorns black
- 1.5 teaspoons candied ginger chopped
- 12 servings canola oil
- 1 cinnamon sticks
- 0.3 cup flour all-purpose
- 1 tablespoon herbs such as oregano fresh

- 1 cup kosher salt
- 12 servings kosher salt
- 0.5 cup brown sugar light
- 0.5 onion quartered
- 1 apples red quartered
- 8 ounces red wine
- 24 ounces reduced sodium chicken broth
- 4 sprigs rosemary
- 6 leaves sage
- 14 pound young turkey frozen
- 1 gallon vegetable stock
- 1 cup water
- 1 gallon heavily iced water

## Equipment

- frying pan
- paper towels
- oven
- whisk
- pot
- roasting pan
- kitchen thermometer
- microwave

## Directions

- Watch how to make this recipe.
- Remove the turkey from the roasting pan and set aside to rest. Leave the drippings from the turkey in the pan and place the roasting pan over medium heat.
- Add the broth and wine at the same time.

- Whisk to combine, scraping the bottom of the pan until all of the bits have come loose. Cook for another 2 to 3 minutes in order to reduce the mixture slightly.
- Transfer the liquid to a fat separator and let sit for 5 minutes to allow fat to separate. Return 2/3 to 3/4 cup of the fat to the roasting pan and place over medium-high heat. Discard any remaining fat.
- Add the flour and whisk to combine. Cook, whisking continuously, until the mixture starts to thicken and become smooth, approximately 2 to 3 minutes. Once this happens, gradually add the liquid back to the pan and whisk until smooth and you have reached your desired consistency, approximately 5 to 6 minutes. Remember, your gravy should be slightly thin in the pan as it will thicken once you serve it.
- Add the herbs and whisk to combine. Season with salt and pepper.
- Begin thawing the turkey in the refrigerator or in a cooler kept at 38 degrees F.
- Combine the vegetable stock, salt, brown sugar, peppercorns, allspice berries, and candied ginger in a large stockpot over medium-high heat. Stir occasionally to dissolve solids and bring to a boil. Then remove the brine from the heat, cool to room temperature, and refrigerate.
- Combine the brine, water and ice in the 5-gallon bucket.
- Place the thawed turkey (with innards removed) breast side down in brine. If necessary, weigh down the bird to ensure it is fully immersed, cover, and refrigerate or set in cool area for 8 to 16 hours, turning the bird once half way through brining.
- Preheat the oven to 500 degrees F.
- Remove the bird from brine and rinse inside and out with cold water. Discard the brine.
- Place the bird on roasting rack inside a half sheet pan and pat dry with paper towels.
- Combine the apple, onion, cinnamon stick, and 1 cup of water in a microwave safe dish and microwave on high for 5 minutes.
- Add steeped aromatics to the turkey's cavity along with the rosemary and sage. Tuck the wings underneath the bird and coat the skin liberally with canola oil.
- Roast the turkey on lowest level of the oven at 500 degrees F. for 30 minutes. Insert a probe thermometer into thickest part of the breast and reduce the oven temperature to 350 degrees F. Set the thermometer alarm (if available) to 151 degrees F. A 14 to 16 pound bird should require a total of 2 to 2 1/2 hours of roasting.
- Let the turkey rest for at least 15 minutes before carving.

## Nutrition Facts

PROTEIN 45.01% FAT 43.52% CARBS 11.47%

## Properties

Glycemic Index:34.83, Glycemic Load:4.63, Inflammation Score:-7, Nutrition Score:33.93608680497%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

## Nutrients (% of daily need)

Calories: 758.48kcal (37.92%), Fat: 35.69g (54.91%), Saturated Fat: 6.67g (41.66%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 20.09g (7.3%), Sugar: 14.25g (15.83%), Cholesterol: 270.52mg (90.17%), Sodium: 11345.82mg (493.3%), Alcohol: 2g (100%), Alcohol %: 0.22% (100%), Protein: 83.07g (166.14%), Vitamin B3: 29.76mg (148.79%), Selenium: 81.48µg (116.39%), Vitamin B6: 2.29mg (114.47%), Vitamin B12: 4.64µg (77.34%), Phosphorus: 718.53mg (71.85%), Zinc: 6.9mg (45.97%), Vitamin B2: 0.74mg (43.69%), Vitamin B5: 3.11mg (31.09%), Potassium: 976.19mg (27.89%), Magnesium: 105.99mg (26.5%), Copper: 0.48mg (23.79%), Iron: 3.95mg (21.94%), Vitamin E: 2.84mg (18.91%), Vitamin A: 910.1IU (18.2%), Manganese: 0.33mg (16.41%), Vitamin B1: 0.22mg (14.35%), Vitamin K: 12.73µg (12.12%), Folate: 34.88µg (8.72%), Calcium: 83.2mg (8.32%), Vitamin D: 1.13µg (7.51%), Fiber: 1.08g (4.31%), Vitamin C: 1.34mg (1.62%)