



Honey-Brined Turkey with Giblet Cream Gravy

READY IN



45 min.

SERVINGS



16

CALORIES



830 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 tablespoons flour
- ☐ 1 small bay leaves
- ☐ 5 tablespoons butter
- ☐ 2 carrots coarsely chopped
- ☐ 1 large celery stalks chopped
- ☐ 2 cups coarse salt
- ☐ 2 bunches thyme sprigs fresh
- ☐ 8 large garlic clove peeled
- ☐ 1 cup honey

- ☐ 2 optional: lemon halved
- ☐ 3.5 cups chicken broth canned
- ☐ 2 tablespoons olive oil
- ☐ 1 onion halved
- ☐ 2 tablespoons pepper black
- ☐ 16 servings reserved turkey neck and giblets
- ☐ 19 pound reserved turkey neck and giblets for gravy
- ☐ 6 cups water
- ☐ 0.3 cup whipping cream

Equipment

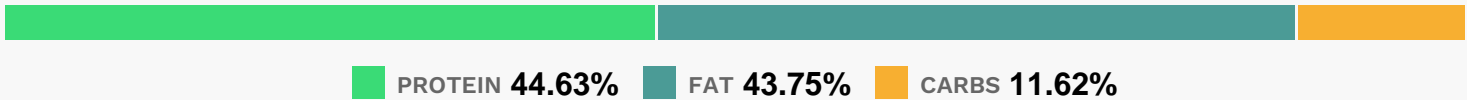
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ Line extra-large stockpot with heavy large plastic bag (about 30-gallon capacity). Rinse turkey; place in plastic bag. Stir 8 quarts water, 2 cups coarse salt and 1 cup honey in large pot until salt and honey dissolve.
- ☐ Add 1 bunch fresh thyme, peeled garlic cloves and black pepper.

- ☐ Pour brine over turkey. Gather plastic bag tightly around turkey so that bird is covered with brine; seal plastic bag. Refrigerate pot with turkey in brine at least 12 hours and up to 18 hours.
- ☐ Position rack in bottom third of oven and preheat to 350°F.
- ☐ Drain turkey well; discard brine. Pat turkey dry inside and out. Squeeze juice from lemon halves into main cavity.
- ☐ Add lemon rinds and remaining 1 bunch fresh thyme to main cavity. Tuck wings under turkey; tie legs together loosely to hold shape.
- ☐ Place turkey on rack set in large roasting pan. Rub turkey all over with 2 tablespoons olive oil.
- ☐ Roast turkey 1 hour. Baste turkey with 1 cup chicken broth. Continue to roast until turkey is deep brown and thermometer inserted into thickest part of thigh registers 180°F, basting with 1 cup chicken broth every 30 minutes and covering loosely with foil if turkey is browning too quickly, about 2 1/2 hours longer.
- ☐ Transfer turkey to platter. Tent turkey loosely with foil and let stand 30 minutes.
- ☐ Pour pan juices into large glass measuring cup. Spoon off fat; reserve juices.
- ☐ While turkey cooks, place reserved turkey neck, heart and gizzard into large saucepan.
- ☐ Add 6 cups water, 3 1/2 cups chicken broth, carrots, onion, celery and bay leaf. Simmer over medium heat until turkey stock is reduced to 3 cups, about 2 hours. Strain turkey stock into bowl; reserve turkey neck and giblets. Pull meat off neck. Chop neck meat and giblets.
- ☐ Melt 5 tablespoons butter in heavy large saucepan over medium heat.
- ☐ Add 5 tablespoons all purpose flour and whisk 2 minutes. Gradually whisk in turkey stock, cream and up to 1 cup reserved turkey pan juices (juices are salty, so add according to taste). Simmer gravy until thickened to desired consistency, whisking occasionally, about 5 minutes.
- ☐ Add chopped turkey neck meat and giblets; season to taste with pepper.
- ☐ Serve turkey with gravy.

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:11.26, Inflammation Score:-9, Nutrition Score:42.326956489812%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 829.7kcal (41.49%), Fat: 39.67g (61.04%), Saturated Fat: 12.35g (77.22%), Carbohydrates: 23.72g (7.91%), Net Carbohydrates: 22.61g (8.22%), Sugar: 18.59g (20.66%), Cholesterol: 634.2mg (211.4%), Sodium: 15460.48mg (672.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.07g (182.15%), Selenium: 155.84µg (222.63%), Vitamin B12: 9.56µg (159.38%), Vitamin B3: 27.57mg (137.86%), Zinc: 18.54mg (123.6%), Vitamin B6: 2.03mg (101.47%), Phosphorus: 896.4mg (89.64%), Vitamin B2: 1.2mg (70.4%), Vitamin B5: 4.44mg (44.39%), Copper: 0.86mg (42.88%), Iron: 6.2mg (34.44%), Vitamin A: 1702.48IU (34.05%), Manganese: 0.53mg (26.28%), Potassium: 855.94mg (24.46%), Magnesium: 89.18mg (22.29%), Vitamin B1: 0.31mg (20.82%), Calcium: 163.97mg (16.4%), Vitamin C: 9.52mg (11.54%), Vitamin D: 1.68µg (11.19%), Folate: 36.71µg (9.18%), Vitamin E: 1.12mg (7.46%), Fiber: 1.11g (4.44%), Vitamin K: 3.85µg (3.66%)