



Lemon-Herb Turkey with Lemon-Garlic Gravy

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup crème fraîche
- ☐ 1 tablespoon fennel bulb chopped
- ☐ 2 teaspoons sage fresh chopped
- ☐ 1 small head garlic
- ☐ 3 garlic clove chopped
- ☐ 1 large optional: lemon

- ☐ 1 teaspoon lemon zest finely grated
- ☐ 3 optional: lemon cut into 1/8-inch-thick slices
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 10 parsley fresh italian
- ☐ 1 large pinch saffron threads
- ☐ 6 sage fresh
- ☐ 1 teaspoon salt
- ☐ 1 small shallots chopped
- ☐ 0.5 teaspoon sugar
- ☐ 14 pound turkey stock dry rinsed for shortcut turkey stock
- ☐ 2 cups turkey stock ()
- ☐ 0.8 cup butter unsalted room temperature ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

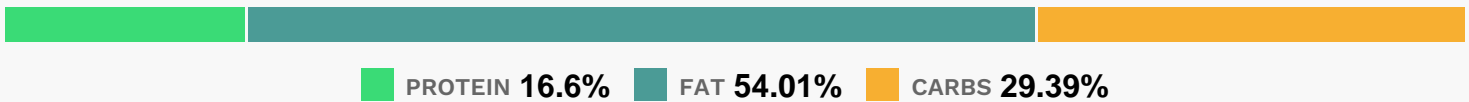
Directions

- ☐ Make 4 long 1/2-inch-deep cuts in lemon.
- ☐ Place in microwave-safe bowl. Cover and microwave on high 2 minutes.

- ☐ Place garlic head in medium microwave-safe bowl; add enough water to cover garlic. Cover bowl and microwave on high until soft, about 3 minutes.
- ☐ Transfer garlic to work surface; cool and peel.
- ☐ Pour any lemon juice from bowl into small cup.
- ☐ Cut lemon in half and squeeze juice into same cup; reserve juice for gravy. Scrape all fruit and pith from inside peel halves; discard insides. Chop peel. Blend peel and garlic in mini processor until finely chopped.
- ☐ Add butter and all remaining ingredients; process to blend. DO AHEAD: Can be made 2 days ahead.
- ☐ Transfer to bowl. Cover lemon juice and lemon-herb butter separately; chill. Bring butter to room temperature before using. WELL PRESERVED: The microwave method for the lemon is a neat trick. It's a two-minute way to make fresh-tasting Moroccan-style "preserved" lemons (which usually take from one week to one month to cure). TEST-KITCHEN TIP: Fennel fronds, those delicate, feathery, dark-green leaves rising from the fresh fennel bulb, are jam-packed with fennel flavor. At the market, look for fennel bulbs that still have the fronds attached (you'll find that some bulbs have been too closely trimmed).
- ☐ Set rack at lowest position in oven and preheat to 325°F.
- ☐ Transfer 2 tablespoons lemon-herb butter to small bowl; reserve for gravy.
- ☐ Sprinkle main turkey cavity with salt and pepper and spread with 2 tablespoons lemon butter. Starting at neck end of turkey, carefully slide hand between skin and meat of breast, thighs, and upper drumsticks to loosen skin.
- ☐ Spread lemon butter over thigh and drumstick on both sides. Arrange a few lemon slices under skin.
- ☐ Spread remaining butter over breast meat; place lemon slices atop butter under skin. Fill main cavity with any remaining lemon slices, parsley and sage sprigs, and fennel fronds. Tie legs together loosely to hold shape. Tuck wing tips under.
- ☐ Place turkey on rack set in large roasting pan. Rub outside of turkey all over with oil; sprinkle with salt and pepper.
- ☐ Pour stock into pan. Roast turkey until thermometer inserted into thickest part of thigh registers 165°F to 170°F, about 3 hours. Tilt turkey so juices from main cavity run into pan.
- ☐ Transfer turkey to platter. Tent very loosely with foil; let rest at least 30 minutes (internal temperature will rise 5 to 10 degrees). Reserve pan.

- ☐ Scrape juices and browned bits from reserved roasting pan into large glass measuring cup. Spoon off fat, reserving 2 tablespoons.
- ☐ Add enough stock to juices to measure 1 2/3 cups.
- ☐ Heat reserved 2 tablespoons fat in heavy large saucepan over medium-high heat.
- ☐ Add garlic and shallot; sauté 2 minutes.
- ☐ Add flour; whisk until golden, about 4 minutes.
- ☐ Add degreased pan juices and 2 cups stock. Bring to boil, whisking until smooth. Reduce heat and simmer until gravy is reduced to desired consistency, about 4 minutes.
- ☐ Whisk in 2 tablespoons reserved lemon butter, 2 tablespoons reserved lemon juice, lemon peel, and sugar, then herbs.
- ☐ Whisk in crème fraîche, if desired. Season to taste with salt and pepper.
- ☐ *Available at some supermarkets and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:41.42, Glycemic Load:2.59, Inflammation Score:-6, Nutrition Score:16.87782589249%

Flavonoids

Eriodictyol: 7.7mg, Eriodictyol: 7.7mg, Eriodictyol: 7.7mg, Eriodictyol: 7.7mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 374.84kcal (18.74%), Fat: 22.72g (34.95%), Saturated Fat: 10.44g (65.25%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 26.42g (9.61%), Sugar: 10.66g (11.85%), Cholesterol: 53.22mg (17.74%), Sodium: 1014.92mg (44.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.42%), Copper: 1.42mg (70.88%), Vitamin B3: 9.25mg (46.26%), Vitamin K: 38.97µg (37.11%), Vitamin B2: 0.53mg (31.26%), Vitamin C: 24.57mg (29.78%), Vitamin B6: 0.43mg (21.49%), Selenium: 14.52µg (20.74%), Potassium: 705mg (20.14%), Phosphorus: 181.01mg (18.1%), Vitamin B1: 0.25mg (16.48%), Vitamin A: 617.76IU (12.36%), Folate: 42.51µg (10.63%), Iron: 1.83mg (10.16%), Magnesium: 30.83mg (7.71%), Manganese: 0.15mg (7.58%), Zinc: 0.96mg (6.39%), Vitamin E: 0.96mg

(6.37%), Fiber: 1.4g (5.61%), Calcium: 53.15mg (5.32%), Vitamin B5: 0.17mg (1.66%), Vitamin D: 0.21µg (1.42%)