



Maple-Glazed Turkey with Gravy

 Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



954 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons peppercorns black
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup malt vinegar
- ☐ 0.7 cup maple syrup
- ☐ 14 pound turkey with tweezers or needlenose pliers, and neck and giblets removed and reserved for another use if desired at room temperature
- ☐ 5 cups turkey stock
- ☐ 2 cups water divided

Equipment

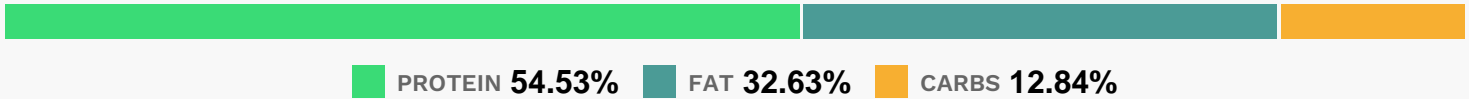
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen towels
- ☐ rolling pin
- ☐ measuring cup
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 425°F with rack in lowest position.
- ☐ Rinse turkey inside and out, then pat dry. Put turkey on rack in roasting pan and sprinkle turkey cavities and skin with 2 teaspoons salt and 1 teaspoon pepper. Fold neck skin under body, then tie drumsticks together with kitchen string and tuck wings under body.
- ☐ Add 1 cup water to pan and roast, without basting, 1 hour.
- ☐ Place peppercorns in a small sealable bag or wrap securely in a kitchen towel, then crack with a rolling pin or bottom of a heavy skillet.
- ☐ Transfer to a small heavy saucepan and add syrup, then cook over medium-low heat until heated through.
- ☐ Remove from heat and let syrup steep until ready to glaze turkey.
- ☐ After turkey has roasted 1 hour, rotate pan and add 1 cup water to pan. Roast, without basting, 45 minutes more.
- ☐ Just before 45 minutes is up, pour syrup through a small fine-mesh sieve into a small bowl, discarding peppercorns.

- ☐ Brush turkey all over with syrup and continue to roast (if bottom of pan is completely dry, add remaining cup water) until an instant-read thermometer inserted into fleshy part of thighs (test both; close to but not touching bone) registers 170°F, 15 to 20 minutes more (total roasting time: about 2 hours).
- ☐ Carefully tilt turkey so juices from inside large cavity run into roasting pan, then transfer turkey to a platter, reserving juices in roasting pan.
- ☐ Let turkey stand, uncovered, 30 minutes (temperature of thigh meat will rise to 175°F).
- ☐ Straddle roasting pan across 2 burners, then add vinegar and deglaze pan by boiling over high heat, stirring and scraping up brown bits, 2 minutes. Strain through cleaned fine-mesh sieve into measuring cup and let stand until fat rises to top. Skim off and reserve fat. (If using a fat separator, strain pan juices through sieve into separator and let stand until fat rises to top, 1 to 2 minutes. Carefully pour pan juices from separator into measuring cup, reserving fat.)
- ☐ Heat 6 tablespoons reserved fat (if you don't have enough fat, substitute butter) in a heavy medium saucepan and whisk in flour. Cook roux over medium heat, whisking, 5 minutes.
- ☐ Add pan juices and stock in a fast stream, whisking constantly to prevent lumps, then bring to a boil, whisking. Stir in any turkey juices from platter and briskly simmer, whisking occasionally, until gravy is thickened, 10 to 15 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24.19, Glycemic Load:11.02, Inflammation Score:-7, Nutrition Score:42.086086703383%

Nutrients (% of daily need)

Calories: 953.72kcal (47.69%), Fat: 33.66g (51.79%), Saturated Fat: 8.73g (54.58%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 29.38g (10.68%), Sugar: 18.79g (20.87%), Cholesterol: 410.22mg (136.74%), Sodium: 848.68mg (36.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 126.58g (253.16%), Vitamin B3: 45.84mg (229.18%), Selenium: 126.07µg (180.09%), Vitamin B6: 3.47mg (173.6%), Vitamin B12: 6.88µg (114.6%), Phosphorus: 1081.67mg (108.17%), Vitamin B2: 1.55mg (91.13%), Zinc: 10.5mg (69.99%), Vitamin B5: 4.62mg (46.16%), Potassium: 1497.72mg (42.79%), Manganese: 0.85mg (42.6%), Magnesium: 156.33mg (39.08%), Iron: 5.63mg (31.3%), Copper: 0.55mg (27.32%), Vitamin B1: 0.4mg (26.81%), Folate: 61.28µg (15.32%), Vitamin D: 1.69µg (11.27%), Calcium: 103.24mg (10.32%), Vitamin A: 324.56IU (6.49%), Vitamin E: 0.56mg (3.77%), Fiber: 0.42g (1.68%), Vitamin K: 1.67µg (1.59%)