



HEALTH SCORE

87%

Roast Heritage Turkey with Bacon-Herb and Cider Gravy



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



2638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup flour
- ☐ 0.5 cup apple cider
- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 cups apples unpeeled coarsely chopped
- ☐ 8 ounces bacon coarsely chopped
- ☐ 3 bay leaves
- ☐ 2 teaspoons pepper black divided freshly ground

- ☐ 0.3 teaspoon peppercorns black
- ☐ 2 cups carrots peeled coarsely chopped
- ☐ 2 cups celery coarsely chopped
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon sea salt
- ☐ 0.3 cup dijon mustard
- ☐ 2 cups fennel bulb fresh coarsely chopped
- ☐ 0.3 cup sage fresh chopped
- ☐ 0.3 cup thyme sprigs fresh chopped
- ☐ 10 servings kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 8 cups chicken broth
- ☐ 0.5 cup olive oil
- ☐ 2 cups onion coarsely chopped
- ☐ 4 sage whole
- ☐ 6 large thyme sprigs fresh
- ☐ 18 pound turkey for cider gravy base
- ☐ 0.3 cup skimmed fat from turkey drippings
- ☐ 1 turkey whole (thigh and drumstick)
- ☐ 18 pound reserved turkey neck and giblets
- ☐ 1 cup butter unsalted room temperature (2 sticks)

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

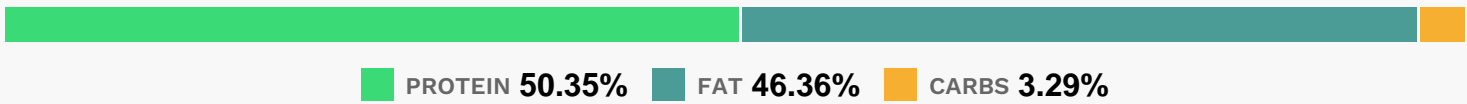
- ☐ sieve
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Blend all ingredients in processor untilbacon is finely chopped.
- ☐ Transfer to sheet ofplastic wrap. Using plastic wrap as aid, rollbutter mixture into 2-inch-diameter log; chilluntil firm. DO AHEAD: Can be made 3 daysahead. Keep chilled.
- ☐ Preheat oven to 425°F.
- ☐ Combine turkey neck, 1/4 cup turkeyfat, and turkey leg in heavy large ovenproofpot.
- ☐ Place in oven; roast uncovered untilturkey parts are deep, dark brown, turningonce, about 1 1/2 hours.
- ☐ Drain, reserving fatfrom pot. Reserve 1/4 cup fat for gravy; return1 tablespoon fat to pot. Return turkey partsto pot; stir in celery, onions, thyme sprigs,and peppercorns. Return pot to oven; roastuncovered 10 minutes.
- ☐ Add apple cider andvinegar; roast 10 minutes longer. Reduceoven temperature to 375°F.
- ☐ Add 8 cups stockand sage to pot; cook in oven uncovered1 1/2 hours. Strain gravy base through finestrainer; discard solids in strainer (there willbe about 5 cups gravy base). DO AHEAD: Can be made 2 days ahead. Cover and chill.
- ☐ Cut bacon butter into1/4-inch-thick rounds and let stand at room temperature 20 minutes. Rinse turkeyinside and out; pat dry. Starting at neckend, carefully slide hand between skin andbreast meat, then slide hand between skinand thigh meat. Carefully slide butter slicesbetween skin and leg, thigh, and breast meatto cover (there will be a generous amount ofbutter mixture).
- ☐ Sprinkle 1 teaspoon coarsesalt and 1 teaspoon pepper over turkey,and 1 teaspoon coarse salt and 1 teaspoonpepper in main cavity of turkey.
- ☐ Place turkeyon rimmed baking sheet. Cover with plasticwrap or foil; chill at least 1 day. DO AHEAD: Can be made 2 days ahead. Keep chilled.
- ☐ Set rack at lowest position in oven;preheat to 350°F.
- ☐ Mix onions, celery, fennel,carrots, apples, oil, and bay leaves in largeroasting pan.
- ☐ Sprinkle generously with saltand pepper.

- ☐ Place turkey atop vegetable mixture. Tuck wings under; tie legs together loosely to hold shape.
- ☐ Place turkey in oven; roast until instant-read thermometer inserted into thickest part of thigh registers 170°F, basting with pan drippings every 30 minutes and tenting loosely with foil if browning too quickly, about 4 hours total.
- ☐ Transfer turkey to platter (internal temperature of turkey will increase 5 to 10 degrees).
- ☐ Pour vegetable mixture and pan drippings into large strainer set over large bowl; press on solids to extract liquid. Discard solids in strainer. Spoon off fat from pan drippings; discard (there will be a large amount of fat in pan drippings). Reserve degreased pan drippings for gravy (about 1 cup).
- ☐ Remove fat from surface of gravy base; reserve 1/4 cup fat. Rewarm cider gravy base.
- ☐ Melt reserved 1/4 cup fat in large saucepan over medium heat.
- ☐ Add flour; stir 3 minutes. Gradually add warm cider gravy base and degreased pan drippings. Simmer until smooth, thickened, and reduced to 5 1/2 cups, whisking frequently, about 5 minutes. Season gravy with salt and pepper.
- ☐ Serve turkey with gravy.
- ☐ In 1962, ten friends who believed European vines could thrive in Washington State founded the Associated
- ☐ Vintners. They began making wines in the garage of one of their members, who became
- ☐ Columbia Winery's first winemaker. Today, the Seattle-area winery produces everything from Merlot to Gewürztraminer. With the turkey, we like Columbia's 2003 Syrah from
- ☐ Red Willow Vineyard (\$30). The strawberry and bright fruit flavors plus a spicy white pepper finish mean this wine can stand up to the turkey—and all the trimmings.

Nutrition Facts



Properties

Glycemic Index: 52.46, Glycemic Load: 6.97, Inflammation Score: -10, Nutrition Score: 68.82956517261%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg

2.44mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 2637.53kcal (131.88%), Fat: 133g (204.62%), Saturated Fat: 42.61g (266.33%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 17.49g (6.36%), Sugar: 8.35g (9.28%), Cholesterol: 1610.78mg (536.93%), Sodium: 4542.8mg (197.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 325.03g (650.07%), Selenium: 422.03µg (602.9%), Vitamin B3: 108.56mg (542.81%), Vitamin B12: 24.93µg (415.42%), Vitamin B6: 8.2mg (409.83%), Phosphorus: 2987.99mg (298.8%), Zinc: 43.4mg (289.33%), Vitamin B2: 3.45mg (202.99%), Copper: 3.03mg (151.59%), Vitamin B5: 13.78mg (137.78%), Vitamin A: 5893.79IU (117.88%), Potassium: 3513.76mg (100.39%), Iron: 17.16mg (95.33%), Magnesium: 360.39mg (90.1%), Vitamin B1: 1mg (66.35%), Manganese: 0.93mg (46.53%), Vitamin D: 5.64µg (37.59%), Calcium: 357.18mg (35.72%), Folate: 138.01µg (34.5%), Vitamin K: 24.77µg (23.59%), Vitamin E: 3.24mg (21.62%), Vitamin C: 13.79mg (16.72%), Fiber: 3.76g (15.03%)