



Roast Turkey with Apples, Onions, Fried Sage Leaves, and Apple Cider Gravy

READY IN



4500 min.

SERVINGS



8

CALORIES



851 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider
- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.3 cup flour all-purpose
- ☐ 1 pound pearl onions red (preferably)
- ☐ 8 servings deli turkey
- ☐ 8 servings sage
- ☐ 12 pound turkey for making stock (preferably kosher) (excluding liver)
- ☐ 4 cups turkey stock

☐ 8 servings butter unsalted

Equipment

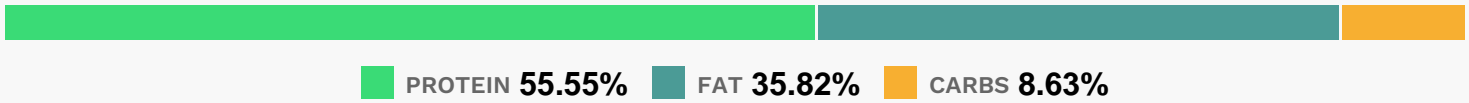
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ skewers
- ☐ gravy boat
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 425°F.
- ☐ Rinse turkey inside and out and pat dry. Season with salt and pepper inside and out. Fold neck skin under body and secure with a small skewer. Tie drumsticks together with kitchen string and secure wings to body with small skewers.
- ☐ Put turkey on a rack set in a large flameproof roasting pan. Roast turkey in middle of oven 30 minutes.
- ☐ While turkey is roasting, blanch onions in boiling water 1 minute and rinse under cold water. Peel onions, then toss with 1 tablespoon melted butter and salt and pepper to taste. Toss apples with 1 tablespoon melted butter and salt and pepper to taste in another bowl.
- ☐ Reduce temperature to 350°F.
- ☐ Brush remaining 1/4 cup melted butter over turkey and roast 30 minutes more.
- ☐ Baste turkey and scatter onions around it, then roast 30 minutes more.
- ☐ Baste turkey and add apples to roasting pan. Roast another 1 to 1 1/2 hours, or until a thermometer inserted into fleshy part of a thigh registers 180°F.

- ☐ Transfer turkey, onions, and apples to a heated platter, leaving juices in pan.
- ☐ Remove skewers and discard string.
- ☐ Let turkey stand at least 30 minutes, up to 4
- ☐ Skim fat from pan juices and reserve 1/4 cup fat.
- ☐ Pour pan juices into a 2-quart glass measure and add enough turkey giblet stock to make 4 1/2 cups total. Set pan to straddle 2 burners.
- ☐ Add 1 cup stock mixture and deglaze by boiling over moderately high heat, stirring and scraping up brown bits.
- ☐ Add remaining 3 1/2 cups stock mixture, cider, and vinegar and bring to a simmer.
- ☐ Transfer to glass measure.
- ☐ Whisk together reserved fat and flour in a large heavy saucepan and cook roux over moderately low heat, whisking, 3 minutes.
- ☐ Add hot stock mixture in a fast stream, whisking constantly to prevent lumps, then simmer, whisking occasionally, until thickened, about 10 minutes.
- ☐ Stir in any additional turkey juices from platter and season gravy with salt and pepper.
- ☐ Pour gravy through a fine sieve into a gravy boat.
- ☐ ·Onions can be blanched and peeled 2 days ahead and chilled, covered. ·We recommend making the turkey giblet stock and fried sage leaves ahead, though they can be prepared while the turkey is in the oven.

Nutrition Facts



Properties

Glycemic Index:22.84, Glycemic Load:4.67, Inflammation Score:-7, Nutrition Score:38.770000087178%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.68mg, Quercetin:

11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg

Nutrients (% of daily need)

Calories: 851.21kcal (42.56%), Fat: 33.19g (51.06%), Saturated Fat: 10.14g (63.39%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 16.86g (6.13%), Sugar: 8.25g (9.16%), Cholesterol: 377.47mg (125.82%), Sodium: 1286.63mg (55.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 115.82g (231.64%), Vitamin B3: 39.05mg (195.26%), Selenium: 107.19µg (153.13%), Vitamin B6: 3.04mg (152.05%), Phosphorus: 1051.57mg (105.16%), Vitamin B12: 5.9µg (98.37%), Zinc: 9.31mg (62.09%), Vitamin B2: 1.04mg (60.92%), Potassium: 1425.56mg (40.73%), Vitamin B5: 4.02mg (40.25%), Magnesium: 146.82mg (36.71%), Copper: 0.71mg (35.56%), Iron: 5.28mg (29.36%), Vitamin B1: 0.34mg (22.44%), Folate: 57.8µg (14.45%), Vitamin D: 1.52µg (10.16%), Manganese: 0.19mg (9.66%), Vitamin A: 400.45IU (8.01%), Calcium: 79.68mg (7.97%), Vitamin C: 4.7mg (5.69%), Fiber: 1.13g (4.53%), Vitamin E: 0.6mg (4.02%)