



## 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 cider vinegar
- ☐ 0.3 cup flour all-purpose
- ☐ 1 pound pearl onions red (preferably )
- ☐ 8 servings pan juices from roast turkey
- ☐ 8 servings accompaniment: fried sage leaves
- ☐ 12 pound turkey for making stock (preferably kosher) (excluding liver)
- ☐ 4 cups turkey giblet stock

☐ 8 servings butter unsalted

## Equipment

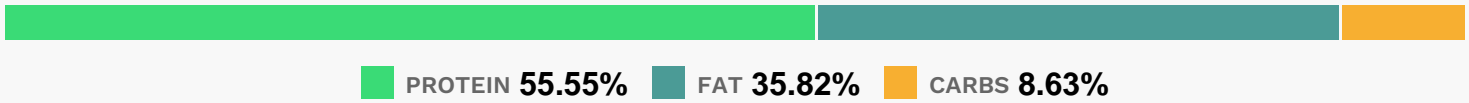
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ skewers
- ☐ gravy boat
- ☐ kitchen twine

## 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%)