



Roast Turkey with Cream Gravy

 Vegetarian

READY IN



240 min.

SERVINGS



8

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings butter unsalted melted
- ☐ 5 tablespoons flour all-purpose
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 12 pound turkey stock for turkey stock (excluding liver)
- ☐ 2.5 cups water divided

Equipment

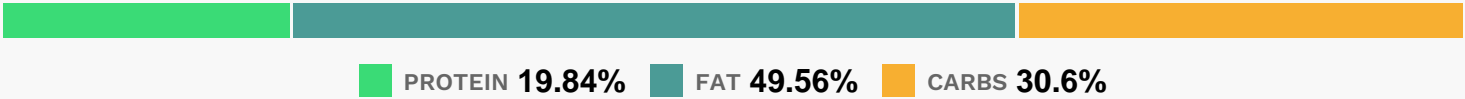
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ measuring cup

Directions

- ☐ Rinse turkey inside and out and pat dry. Put turkey on rack in roasting pan and season inside and out with 1 tablespoon salt and 2 teaspoons pepper. Fold neck skin under body, then tuck wing tips under breast and tie drumsticks together with string.
- ☐ Let stand at room temperature 1 hour.
- ☐ Preheat oven to 450°F with rack in lower third.
- ☐ Add 1 cup water to pan and roast, without basting, rotating pan halfway through, until an instant-read thermometer inserted into fleshy part of each thigh (test both; do not touch bone) registers 165 to 170°F, 1 3/4 to 2 hours total.
- ☐ Carefully tilt turkey so juices from inside large cavity run into pan.
- ☐ Transfer turkey to a platter (reserve juices in roasting pan) and let rest, uncovered, 30 minutes (temperature of thigh meat will rise to 170 to 175°F). Discard string.
- ☐ Strain pan juices through a fine-mesh sieve into 2-quart measure and skim off fat (or use a fat separator), reserving fat. Straddle roasting pan across 2 burners, then add remaining 1 1/2 cups water and deglaze pan by boiling over high heat, stirring and scraping up brown bits, 1 minute. Strain through sieve into measuring cup containing pan juices.
- ☐ Add enough turkey giblet stock to pan juices to bring total to 5 cups.
- ☐ Put 5 tablespoons reserved fat (if there is less, add melted butter) in a 4-quart heavy saucepan and whisk in flour. Cook roux over medium heat, whisking, 3 minutes.
- ☐ Add stock mixture in a fast stream, whisking constantly, then add cream, 1 teaspoon salt, and 1 1/2 teaspoons pepper. Bring to a boil, whisking, then stir in any turkey juices from platter and simmer 5 minutes.
- ☐ Serve turkey with gravy.
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Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:2.59, Inflammation Score:-4, Nutrition Score:12.224782702716%

Nutrients (% of daily need)

Calories: 373.71kcal (18.69%), Fat: 20.32g (31.26%), Saturated Fat: 9.89g (61.82%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 28.1g (10.22%), Sugar: 11.42g (12.69%), Cholesterol: 56.37mg (18.79%), Sodium: 983.32mg (42.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.61%), Vitamin B3: 11.04mg (55.22%), Vitamin B2: 0.65mg (37.95%), Selenium: 17.28µg (24.68%), Vitamin B6: 0.43mg (21.25%), Potassium: 741.82mg (21.19%), Phosphorus: 202.91mg (20.29%), Copper: 0.39mg (19.46%), Vitamin B1: 0.28mg (18.64%), Folate: 43.64µg (10.91%), Vitamin A: 473.36IU (9.47%), Iron: 1.67mg (9.28%), Magnesium: 30.65mg (7.66%), Zinc: 1.05mg (7.01%), Calcium: 39.26mg (3.93%), Vitamin E: 0.53mg (3.52%), Vitamin D: 0.43µg (2.88%), Vitamin K: 2.44µg (2.32%), Vitamin C: 1.49mg (1.81%), Manganese: 0.03mg (1.62%)