



Roast Turkey with Creamy Herbed Gravy

READY IN



180 min.

SERVINGS



8

CALORIES



796 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 celery stalks halved
- 0.8 cup sherry dry
- 3 tablespoons flour
- 2 cloves garlic peeled
- 0.3 cup heavy whipping cream room temperature
- 0.5 optional: lemon
- 3 cups chicken broth low-sodium room temperature
- 20 leaves flat parsley italian
- 1 tablespoon rosemary

- 6 leaves sage
- 8 servings pepper black freshly ground
- 1 tablespoon thyme leaves
- 12 pound turkey fresh
- 3 tablespoons butter unsalted
- 1 small onion white peeled quartered

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil
- stove
- spatula

Directions

- Heat the oven to 450°F and arrange a rack in the lower third.
- Remove turkey's giblets and neck, then rinse out the cavity and pat dry with paper towels. In a small bowl, mix butter and herbs until well combined. Season with kosher salt and freshly ground pepper. Loosen skin on turkey's breast and distribute butter evenly under it. Season turkey's cavity with salt and pepper and put onion, celery, lemon, and garlic inside.
- Place turkey on a rack in a large roasting pan and place in the oven. Roast turkey for 30 minutes, then lower the temperature to 350°F. Baste bird with pan drippings every 45 minutes. Continue to roast until the internal temperature of inner thigh reaches 155°F. Cover with aluminum foil if turkey becomes too brown.

- Remove turkey from the oven and let it rest uncovered at least 30 minutes before carving. For the gravy: While turkey rests, prepare gravy. Make a blond roux by melting butter in a medium saucepan over medium heat. Immediately add flour and whisk continuously until well combined. Cook until flour loses its raw flavor and turns golden, about 3 minutes.
- Whisk in chicken broth until mixture is smooth. Bring to a simmer, then reduce temperature to low heat.
- Transfer turkey to a platter and pour off excess fat from the roasting pan, reserving 1 tablespoon in pan.
- Place the pan on the stovetop over medium heat. When pan juices are hot, add herbs and fry, about 2 minutes. Deglaze the pan with sherry and scrape up browned bits with a flat spatula. Increase heat for roux mixture to medium and simmer.
- Add sherry mixture and whisk to combine.
- Whisk in heavy cream and simmer to thicken slightly, about 3 to 5 minutes. Season with salt and pepper. Note: For poultry, measure the temperature on the inside of the thigh and make sure the thermometer is not touching the bone. Beverage pairing: Amity Gamay Noir, Oregon. Gamay, the grape of Beaujolais, makes a lovely, light-bodied, perky red wine that's punchy with acidity. This version from Oregon has all that, but offers more complexity and flavor than most. It won't overshadow the turkey, but will act as a pleasing and refreshing foil.
- Serve slightly chilled.

Nutrition Facts



Properties

Glycemic Index: 47.94, Glycemic Load: 2.12, Inflammation Score: -9, Nutrition Score: 39.268261028373%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 1.88mg

Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 796.47kcal (39.82%), Fat: 34.86g (53.63%), Saturated Fat: 11.66g (72.9%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.54g (2.02%), Sugar: 1.42g (1.58%), Cholesterol: 367.51mg (122.5%), Sodium: 574mg (24.96%), Alcohol: 2.32g (100%), Alcohol %: 0.47% (100%), Protein: 107.24g (214.48%), Vitamin B3: 38.35mg (191.75%), Selenium: 104.34µg (149.06%), Vitamin B6: 2.95mg (147.66%), Vitamin B12: 6µg (100.05%), Phosphorus: 930.85mg (93.08%), Zinc: 8.84mg (58.91%), Vitamin B2: 0.97mg (56.82%), Vitamin B5: 4.01mg (40.09%), Vitamin K: 42.06µg (40.06%), Potassium: 1234.93mg (35.28%), Magnesium: 130.23mg (32.56%), Iron: 5.01mg (27.81%), Copper: 0.54mg (26.78%), Vitamin B1: 0.27mg (17.95%), Vitamin A: 775.56IU (15.51%), Folate: 47.23µg (11.81%), Vitamin C: 9.4mg (11.39%), Vitamin D: 1.65µg (10.98%), Manganese: 0.17mg (8.48%), Calcium: 81.46mg (8.15%), Vitamin E: 0.66mg (4.4%), Fiber: 0.78g (3.11%)