



WHATSheATE



Roast Turkey with Pomegranate Gravy

READY IN



300 min.

SERVINGS



10

CALORIES



917 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black
- ☐ 6.5 tablespoons flour all-purpose
- ☐ 1 onion quartered
- ☐ 0.5 cup pomegranate juice fresh (see cooks' note, below)
- ☐ 10 servings pomegranate quartered
- ☐ 1 tablespoon salt
- ☐ 0.5 cup sugar
- ☐ 4 large thyme sprigs fresh
- ☐ 10 servings turkey (and roasting pan)

- ☐ 14 lb turkey with tweezers or needlenose pliers, and neck and giblets (excluding liver) reserved for making stock
- ☐ 3 cups turkey stock hot
- ☐ 1.3 sticks butter unsalted melted softened
- ☐ 1 cup water

Equipment

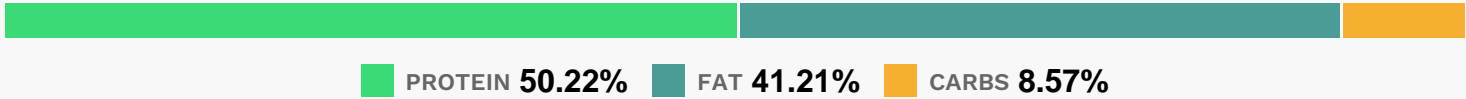
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ skewers
- ☐ kitchen twine
- ☐ juicer
- ☐ metal skewers

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 350°F.
- ☐ Rinse turkey inside and out and pat dry. Working from neck (small) cavity, run your fingers between skin and meat to loosen skin from breast, legs, and thighs, being careful not to tear skin. Rub softened butter between skin and flesh, then sprinkle turkey cavities and skin with salt and pepper. Fold neck skin under body and secure with metal skewer and fold wing tips under breast. Stuff large cavity with onion and thyme sprigs and tie drumsticks together with kitchen string.

- ☐ Brush skin all over with some melted butter.
- ☐ Put turkey on rack in a large flameproof roasting pan and roast, basting with some melted butter and/or pan juices every 20 minutes (if turkey is browning too fast, cover loosely with foil), until thermometer inserted into fleshy part of a thigh (do not touch bone) registers 170°F, 2 1/2 to 3 1/2 hours.
- ☐ Carefully tilt turkey so any juices from inside large cavity run into roasting pan, then transfer turkey to a platter (do not clean roasting pan) and let stand, loosely covered, 30 minutes (temperature of thigh meat will rise to 180°F).
- ☐ Cook sugar in a dry 1-quart heavy saucepan over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar is melted into a deep golden caramel.
- ☐ Add 1/2 cup pomegranate juice (use caution; mixture will bubble and steam vigorously) and simmer over low heat, stirring occasionally, until caramel is dissolved.
- ☐ Remove syrup from heat.
- ☐ Pour pan juices through a fine-mesh sieve into a 1-quart glass measure or bowl, then skim off fat and reserve 1/4 cup of it.
- ☐ Add enough turkey stock to pan juices to total 3 1/2 cups liquid. Straddle roasting pan across 2 burners, then add water and deglaze pan by boiling over high heat, stirring and scraping up brown bits, 1 minute.
- ☐ Pour through fine-mesh sieve into glass measure with stock.
- ☐ Whisk together reserved fat and flour in a 3-quart heavy saucepan and cook roux over moderately low heat, whisking, until pale golden, 7 to 10 minutes.
- ☐ Add hot stock mixture in a stream, whisking constantly to prevent lumps. Bring to a boil, whisking, and add pomegranate syrup, then reduce heat and simmer, whisking occasionally, until thickened, about 5 minutes. Stir in any turkey juices accumulated on platter and simmer gravy 1 minute. Season with salt and pepper and stir in remaining tablespoon pomegranate juice.
- ☐ Remove string and skewer from turkey and discard onion and thyme from cavity.
- ☐ Serve turkey with gravy on the side.
- ☐ Cut 2 to 3 pomegranates in half crosswise, then juice with a manual or electric juicer; alternatively, remove seeds from pomegranate and pulse seeds in a food processor until juicy, then transfer seeds to a sieve and let drain, pressing on and discarding solids. • Pomegranate syrup can be made 1 day ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:31.61, Glycemic Load:10.05, Inflammation Score:-8, Nutrition Score:37.898260728173%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 917kcal (45.85%), Fat: 41.3g (63.53%), Saturated Fat: 14.98g (93.63%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 18.83g (6.85%), Sugar: 13.6g (15.12%), Cholesterol: 400.58mg (133.53%), Sodium: 1376.33mg (59.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 113.25g (226.5%), Vitamin B3: 40.48mg (202.41%), Selenium: 112.42µg (160.6%), Vitamin B6: 3.13mg (156.46%), Vitamin B12: 6.26µg (104.35%), Phosphorus: 969.17mg (96.92%), Zinc: 9.3mg (61.97%), Vitamin B2: 1.04mg (61.45%), Vitamin B5: 4.24mg (42.42%), Potassium: 1280.1mg (36.57%), Magnesium: 135.5mg (33.87%), Iron: 4.92mg (27.35%), Copper: 0.46mg (23.05%), Vitamin B1: 0.32mg (21.15%), Folate: 54.37µg (13.59%), Vitamin A: 662.26IU (13.25%), Vitamin D: 1.75µg (11.64%), Manganese: 0.17mg (8.49%), Calcium: 70.68mg (7.07%), Vitamin E: 0.87mg (5.8%), Vitamin K: 3.14µg (2.99%), Vitamin C: 1.71mg (2.07%), Fiber: 0.5g (2.01%)