



Roasted Turkey with Foie Gras and Prune Gravy

READY IN



45 min.

SERVINGS



10

CALORIES



913 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces plus 1 tablespoon butter unsalted softened
- 1 small rib celery quartered
- 0.3 cup cognac
- 0.3 cup porcini dried
- 1.5 cups cooking wine dry white
- 5 tablespoons flour all-purpose
- 3 ounces foie gras mousse chilled cut into 1-inch pieces and
- 2 teaspoons juice of lemon fresh

- 1 small onion quartered
- 2 tablespoons parsley minced
- 15 prune- cut to pieces pitted
- 10 servings salt and pepper freshly ground
- 1 shallots minced
- 4 thyme sprigs
- 14 pound turkey fresh cut into 3 pieces
- 5 cups turkey stock
- 1 cup water

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- oven
- whisk
- sieve
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine

Directions

- In a medium bowl, blend 1 1/2 sticks of the butter with the mushroom powder, shallot, parsley and lemon juice. Season with salt and pepper.
- Preheat the oven to 40
- Carefully loosen the skin from the turkey breast, legs and thighs. Season the turkey inside and out with salt and pepper.

- Spread a thick layer of the mushroom butter under the skin; press the skin to distribute the butter evenly.
- Put the prunes and thyme sprigs in the cavity and tie the legs together with kitchen string.
- Set the turkey in a large roasting pan.
- Pour 1 cup of the wine, the water and the Cognac into the pan and roast the turkey for 20 minutes. Turn the oven down to 325, cover the turkey loosely with foil and roast for 2 hours.
- Remove the foil and continue to roast for about 1 hour and 15 minutes longer, turning the pan halfway through. The turkey is done when it is nicely browned all over and an instant-read thermometer inserted in the inner thigh registers 16
- While the turkey roasts, melt the remaining 1 tablespoon of butter in a medium saucepan.
- Add the wing tips and neck pieces, season with salt and pepper and cook over moderate heat until browned, about 10 minutes.
- Add the onion and celery and cook until lightly browned.
- Sprinkle in 2 tablespoons of the flour and cook, stirring, for 1 minute. Slowly pour in the remaining 1/2 cup of wine and stir until smooth. Gradually stir in the turkey stock and bring to a boil. Cover and simmer over low heat until reduced to 3 1/2 cups, about 2 hours. Strain and set aside.
- When the turkey is done, transfer it to a carving board and let rest for at least 30 minutes. Discard the string.
- Remove the prunes from the cavity; coarsely chop them.
- Pour the pan drippings through a coarse strainer set over a bowl. Use a ladle to skim off the fat, reserving 2 tablespoons.
- In a medium saucepan, combine the reserved fat with the remaining 3 tablespoons of flour and stir over moderate heat for 1 minute. Gradually whisk in the pan drippings and the strained turkey stock. Simmer over moderately low heat for 10 minutes, whisking frequently.
- Remove from the heat and whisk in the foie gras mousse, 2 pieces at a time. Stir in the chopped prunes and season with salt and pepper. Carve the turkey at the table and pass the gravy separately.
- Make Ahead: The wild mushroom butter can be refrigerated for 1 week. Soften before using. The finished gravy can stand off the heat for up to 1 hour. Bring to a simmer over low heat, whisking constantly; do not let it boil.

Nutrition Facts



■ PROTEIN 47.79% ■ FAT 42.9% ■ CARBS 9.31%

Properties

Glycemic Index:35, Glycemic Load:4.96, Inflammation Score:-10, Nutrition Score:44.256521618885%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 912.9kcal (45.65%), Fat: 41.14g (63.29%), Saturated Fat: 15.87g (99.21%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 18.54g (6.74%), Sugar: 8.77g (9.74%), Cholesterol: 408.55mg (136.18%), Sodium: 993.9mg (43.21%), Alcohol: 5.71g (100%), Alcohol %: 1.05% (100%), Protein: 103.11g (206.21%), Vitamin B3: 37.54mg (187.71%), Vitamin B12: 10.12µg (168.7%), Selenium: 106.45µg (152.07%), Vitamin B6: 2.92mg (145.86%), Phosphorus: 911.7mg (91.17%), Vitamin A: 3521.74IU (70.43%), Vitamin B2: 1.09mg (63.85%), Zinc: 8.72mg (58.12%), Copper: 1.16mg (58.09%), Vitamin B5: 4.52mg (45.24%), Iron: 7.32mg (40.68%), Potassium: 1338.38mg (38.24%), Magnesium: 134.22mg (33.55%), Folate: 113.91µg (28.48%), Vitamin B1: 0.35mg (23.63%), Vitamin K: 23.7µg (22.58%), Manganese: 0.2mg (10.2%), Vitamin D: 1.39µg (9.26%), Calcium: 77.43mg (7.74%), Fiber: 1.56g (6.24%), Vitamin E: 0.91mg (6.09%), Vitamin C: 3.55mg (4.31%)