



Salted Roast Turkey with Herbs and Shallot-Dijon Gravy

READY IN



45 min.

SERVINGS



12

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup flour
- ☐ 3 small bay leaves
- ☐ 1 teaspoon peppercorns black crushed
- ☐ 1 large celery stalks chopped
- ☐ 0.3 cup kosher salt
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon rubbed sage dried

- ☐ 1 teaspoon thyme dried
- ☐ 0.5 cup wine dry white
- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 1 optional: lemon whole with peel chopped
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 large onion chopped
- ☐ 0.7 cup shallots chopped
- ☐ 14 pound turkey (neck, heart, and gizzard reserved)
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

Equipment

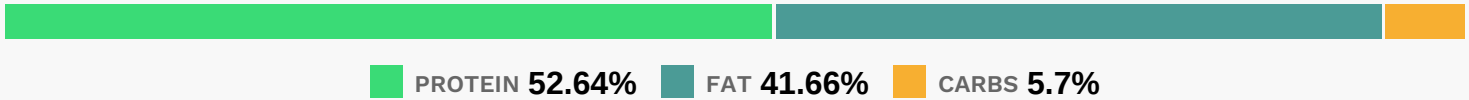
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ skewers
- ☐ measuring cup

Directions

- ☐ Rub first 6 ingredients in small bowl to crush herbs finely. DO AHEAD: Can be made 1 week ahead. Cover; store at room temperature. Stir in peel before using.
- ☐ Rinse turkey inside and out (do not pat dry). Pull any fat pads from main cavity and neck cavity of turkey; wrap, chill, and reserve fat for roasting.
- ☐ Place turkey in roasting bag; sprinkle inside and out with herbed salt. Close bag.
- ☐ Place on baking sheet; refrigerate 18 to 24 hours.
- ☐ Set rack at lowest position in oven and preheat to 325°F. Rinse turkey inside and out; pat very dry. Stir chopped onion and next 5 ingredients in small bowl. Divide onion mixture between main and neck cavities. Fold neck skin under and secure with skewer. Tuck wing tips under. Tie

- legstogether loosely.
- ☐ Place turkey on rack set inlarge roasting pan.
 - ☐ Spread butter all overturkey.
 - ☐ Place reserved fat pads and reservedneck, heart, and gizzard in pan; pour in2 cups Golden Turkey Stock.
 - ☐ Roast turkey 45 minutes. Baste with panjuices. Continue to roast until thermometerinserted into thickest part of thigh registers165°F to 170°F, basting every 45 minutes,adding stock or water to pan if dry, andtenting loosely with foil if browning tooquickly, 3 to 3 1/2 hours longer.
 - ☐ Transferturkey to platter; tent very loosely withfoil and let rest 30 to 45 minutes. Reserveroasting pan with juices for gravy.
 - ☐ Remove turkey neck, heart,and gizzard from roasting pan. Pull meat offneck; chop neck meat, heart, and gizzardand reserve for gravy, if desired.
 - ☐ Pour panjuices into 8-cup measuring cup. Spoon offfat from surface, reserving 1/2 cup fat.
 - ☐ Addenough turkey stock to degreased pan juicesto measure 5 1/2 cups total.
 - ☐ Place roasting pan over 2 burners onmedium heat.
 - ☐ Add 1/2 cup reserved fat andshallots; sauté 1 minute.
 - ☐ Whisk in flour.Cook until roux is light brown, whiskingconstantly, about 2 minutes.
 - ☐ Whisk in wine,stock mixture, mustard, and fresh rosemary.Bring to boil, whisking to blend. Boil untilgravy coats spoon, about 3 minutes.
 - ☐ Addneck, heart, and gizzard, if desired. Seasonwith salt and pepper.
 - ☐ Serve turkey with gravy.

Nutrition Facts



Properties

Glycemic Index:28.21, Glycemic Load:3.91, Inflammation Score:-7, Nutrition Score:32.327826012736%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin:

2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 644.78kcal (32.24%), Fat: 29.08g (44.73%), Saturated Fat: 10.38g (64.89%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 7.65g (2.78%), Sugar: 2.18g (2.42%), Cholesterol: 290.86mg (96.95%), Sodium: 3596.33mg (156.36%), Alcohol: 1.03g (100%), Alcohol %: 0.29% (100%), Protein: 82.66g (165.32%), Vitamin B3: 29.07mg (145.34%), Selenium: 83.04µg (118.63%), Vitamin B6: 2.33mg (116.52%), Vitamin B12: 4.6µg (76.67%), Phosphorus: 713.82mg (71.38%), Zinc: 6.86mg (45.74%), Vitamin B2: 0.74mg (43.32%), Vitamin B5: 3.17mg (31.7%), Potassium: 942.63mg (26.93%), Magnesium: 103.25mg (25.81%), Iron: 3.96mg (22.02%), Copper: 0.33mg (16.45%), Vitamin B1: 0.25mg (16.35%), Manganese: 0.22mg (11.24%), Folate: 44.77µg (11.19%), Vitamin A: 460.84IU (9.22%), Vitamin C: 7.05mg (8.54%), Vitamin D: 1.27µg (8.46%), Calcium: 62.94mg (6.29%), Fiber: 1.3g (5.18%), Vitamin E: 0.6mg (4.02%), Vitamin K: 3.18µg (3.03%)