



Shallot and Sage-Roasted Turkey with Shallot Gravy

READY IN



45 min.

SERVINGS



12

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 teaspoons pepper black divided freshly ground
- ☐ 0.3 cup butter softened
- ☐ 1 cup carrots divided chopped 3 medium
- ☐ 1 cup celery divided chopped 2 stalks
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons sage fresh divided finely chopped
- ☐ 1 tablespoon olive oil

- ☐ 1 cup onion divided chopped 1 medium
- ☐ 4 sage sprigs fresh divided
- ☐ 1.3 teaspoons salt divided
- ☐ 0.3 cup shallots finely chopped 1
- ☐ 1 cup shallots thinly sliced 4
- ☐ 12 pound turkey fresh thawed
- ☐ 6 cups water cold divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ measuring cup
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 45
- ☐ Remove and reserve giblets and neck from turkey. Trim excess fat. Tie ends of legs together with twine. Starting at the neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine 1/4 cup chopped shallots, butter, 1 tablespoon chopped sage, 1 teaspoon salt, and 1 teaspoon pepper. Rub butter mixture under loosened skin over breast and drumsticks. Stuff 1/2 cup onion, 1/2 cup carrot, 1/2 cup celery, and 3 sage sprigs into body cavity. Lift wing tips

up and over back; tuck under turkey.

- ☐ Place turkey, breast side up, on a roasting pan.
- ☐ Pour 1 cup water and broth into pan.
- ☐ Bake at 450 for 30 minutes.
- ☐ Reduce oven temperature to 350 (do not remove turkey from oven).
- ☐ Bake turkey at 350 for 1 1/2 hours or until thermometer inserted into meaty part of thigh registers 16
- ☐ Remove turkey from oven; let stand 30 minutes.
- ☐ Remove and discard skin.
- ☐ Combine reserved giblets, neck, remaining 1/2 cup onion, remaining 1/2 cup carrots, remaining 1/2 cup celery, remaining 1 sage sprig, and remaining 5 cups water in a large saucepan; bring to a boil. Reduce heat, and simmer until liquid is reduced to 2 cups (about 1 1/2 hours). Strain mixture through a sieve, reserving stock. Discard solids.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour turkey drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into a measuring cup, stopping before fat layer reaches opening.
- ☐ Place giblet stock in a small bowl.
- ☐ Add enough drippings to measure 4 cups. Discard remaining drippings. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Add flour to drippings mixture; stir well with a whisk.
- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add 1 cup sliced shallots to pan; cook 5 minutes or until lightly browned. Stir in giblet mixture and remaining 1/4 teaspoon salt; bring to a boil. Cook 2 minutes or until thickened, stirring constantly. Stir in remaining 1 tablespoon chopped sage and remaining 1/4 teaspoon pepper.
- ☐ Wine note: In this dish, turkey's subtle flavor is given a bit more punch with sage and shallots. Both the herb and the onion flavors (as well as the turkey itself) are complemented by a smooth, earthy pinot noir. Try Cambria's Bench Break Vineyard Pinot Noir 2006 from California's Santa Maria Valley (about \$25). Karen MacNeil

Nutrition Facts



 PROTEIN **53.6%**  FAT **39.63%**  CARBS **6.77%**

Properties

Glycemic Index:26.9, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:35.620434802511%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 539.74kcal (26.99%), Fat: 23.38g (35.97%), Saturated Fat: 7.35g (45.93%), Carbohydrates: 9g (3%), Net Carbohydrates: 7.36g (2.67%), Sugar: 3.38g (3.75%), Cholesterol: 242.04mg (80.68%), Sodium: 792.28mg (34.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.16g (142.33%), Copper: 3.39mg (169.34%), Vitamin B3: 25.11mg (125.57%), Vitamin B6: 2.06mg (102.88%), Selenium: 70.67µg (100.96%), Vitamin B12: 4µg (66.72%), Phosphorus: 622.05mg (62.2%), Vitamin A: 2120.69IU (42.41%), Zinc: 5.95mg (39.69%), Vitamin B2: 0.64mg (37.55%), Vitamin B5: 2.81mg (28.09%), Potassium: 900.18mg (25.72%), Magnesium: 93.49mg (23.37%), Iron: 3.45mg (19.18%), Manganese: 0.3mg (15.06%), Vitamin B1: 0.21mg (14.04%), Folate: 43.79µg (10.95%), Calcium: 68.62mg (6.86%), Fiber: 1.64g (6.58%), Vitamin D: 0.97µg (6.44%), Vitamin K: 5.51µg (5.24%), Vitamin C: 3.85mg (4.66%), Vitamin E: 0.68mg (4.51%)