



Spice-Rubbed Turkey with Cognac Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



895 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 cup flour
- ☐ 1.5 teaspoons peppercorns whole black
- ☐ 1 cinnamon sticks
- ☐ 2 tablespoons kosher salt
- ☐ 2 tablespoons cognac
- ☐ 2 tablespoons coriander seeds
- ☐ 1.5 teaspoons cumin seeds
- ☐ 1.5 tablespoons paprika smoked sweet (pimentón dulce)

- ☐ 5 cups turkey broth ()
- ☐ 18 pound reserved turkey neck and giblets for gibleth broth
- ☐ 0.8 cup mirin dry white

Equipment

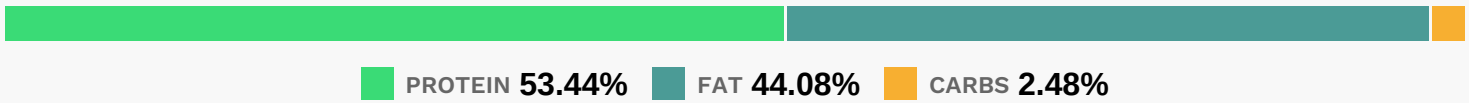
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ measuring cup

Directions

- ☐ Toast coriander, cumin, peppercorns, and cinnamon in small skillet over medium heat until fragrant, about 5 minutes.
- ☐ Transfer to bowl; cool. Grind spices to powder in spice grinder.
- ☐ Transfer spice powder to small bowl; mix in salt and paprika.
- ☐ Place turkey on rack set in large roasting pan; tuck wings under.
- ☐ Sprinkle 1 tablespoon spice mixture in main cavity of turkey and remaining spice mixture all over turkey skin; tie legs together to hold shape. Refrigerate uncovered overnight.
- ☐ Let turkey stand 1 hour at room temperature.
- ☐ Set rack at lowest position in oven and preheat to 450°F.
- ☐ Pour 1 1/2 cups turkey broth into pan with turkey. Reduce heat to 350°F; roast turkey 2 hours.
- ☐ Add 2 cups broth to pan. Roast 1 hour; pour 2 cups broth over turkey. Cover turkey loosely with foil. Continue roasting until thermometer inserted into thickest part of thigh registers 175°F, about 1 hour longer.

- ☐ Place reserved turkey neck, heart, and gizzard in medium saucepan; add 3 cups turkey broth. Cover and simmer 1 hour. Strain broth into 4-cup measuring cup; reserve neck, heart, and gizzard. Skim any fat from surface of giblet broth.
- ☐ Add enough turkey broth to giblet broth to measure 4 cups total.
- ☐ Remove meat from neck. Finely chop neck, heart, and gizzard.
- ☐ Transfer turkey to platter, tent loosely with foil and kitchen towel, and let stand 30 minutes (internal temperature of turkey will rise 5 to 10 degrees).
- ☐ Pour pan juices from roasting pan into large measuring cup. Spoon fat from surface.
- ☐ Transfer 4 tablespoons fat to medium saucepan (if needed, use some of reserved fat from turkey broth to measure 4 tablespoons total). Discard any excess fat.
- ☐ Place roasting pan over 2 burners set at medium-high heat.
- ☐ Add vermouth and Cognac to pan and bring to boil, scraping up browned bits.
- ☐ Add degreased pan juices and 1 cup giblet broth; bring to boil, scraping up browned bits.
- ☐ Heat reserved 4 tablespoons fat in saucepan over medium-low heat.
- ☐ Add flour, whisking until smooth.
- ☐ Whisk constantly until starting to brown, about 3 minutes. Gradually whisk in pan-juice mixture and 3 cups giblet broth. Simmer until gravy is thick enough to coat spoon, whisking occasionally, about 10 minutes.
- ☐ Mix in chopped neck, heart, and gizzard. Season with salt and pepper. Carve turkey and serve with gravy.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:2.02, Inflammation Score:-6, Nutrition Score:44.406086875045%

Nutrients (% of daily need)

Calories: 894.76kcal (44.74%), Fat: 41.67g (64.11%), Saturated Fat: 11.26g (70.4%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 4.2g (1.53%), Sugar: 0.54g (0.6%), Cholesterol: 784.41mg (261.47%), Sodium: 3112.86mg (135.34%), Alcohol: 2.26g (100%), Alcohol %: 0.36% (100%), Protein: 113.67g (227.34%), Selenium: 196.49µg (280.69%), Vitamin B12: 11.99µg (199.91%), Vitamin B3: 34.05mg (170.25%), Zinc: 23.26mg (155.09%), Vitamin B6: 2.5mg (125%),

Phosphorus: 1104.85mg (110.48%), Vitamin B2: 1.53mg (89.75%), Vitamin B5: 5.5mg (55.05%), Copper: 1.01mg (50.6%), Iron: 7.68mg (42.65%), Manganese: 0.61mg (30.62%), Potassium: 970.09mg (27.72%), Magnesium: 110.17mg (27.54%), Vitamin B1: 0.4mg (26.8%), Calcium: 184.05mg (18.4%), Vitamin A: 732.54IU (14.65%), Vitamin D: 2.04µg (13.61%), Folate: 40.94µg (10.23%), Vitamin E: 1.13mg (7.55%), Fiber: 1.07g (4.27%), Vitamin K: 1.72µg (1.64%)