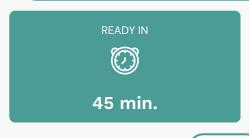


Two-Hour Turkey and Gravy







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

12 servings salt

12 pound turkey

12 servings pepper black freshly ground
1 quart chicken broth canned
1 cup cup heavy whipping cream
0.5 cup flour
2 garlic clove
1 onion halved
3 rosemary

	0.3 pound vegetable oil melted (1 stick)	
Equipment		
	frying pan	
	oven	
	whisk	
	baking pan	
	roasting pan	
	kitchen thermometer	
	aluminum foil	
	ziploc bags	
	microwave	
Directions		
	Preheat oven to 450°F.	
	Put the onion, garlic, and rosemary, if using, into the empty turkey cavity.	
	Place the turkey in a large roasting pan, breast side up, and brush with the butter or oil.	
	Place in the oven, uncovered, and roast, unattended, for 1 hour. Carefully remove the turkey from the oven (close the door of the oven), watching out for steam.	
	Brush the turkey with butter or its juices. Return to the oven quickly and reduce the heat to 400°F.Roast another 30 minutes, checking the pan juices occasionally. Cover with foil if the breast is too brown. Cook another 30 minutes, adding stock if the pan juices evaporate.	
	The turkey is done when a meat thermometer inserted in its thigh registers 170°F and the juices run clear.	
	Let rest 10 minutes (the temperature should rise 10 degrees in 10 minutes).	
	Remove the turkey to a board or platter for carving. Carve. Discard the onions and garlic from inside the turkey. The turkey can be made a day ahead and refrigerated before reheating, carved, or it can be carved 10 minutes after resting.	
	If you decide to roast and carve the turkey ahead of time or if you want to freeze a portion of the turkey for another occasion, place the carved turkey in a shallow baking dish, cover it with broth, then wrap with foil or place the dish in a plastic bag; refrigerate for up to 2 days or	

	PROTEIN 47.83%	
Nutrition Facts		
	Dupree. © 1998 Viking	
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П	Add as much cream as desired. Season to taste with salt and pepper.	
	Add water or canned broth or stock if a thinner gravy is desired.	
	Whisk in the rest of the broth, and boil until thick and flavorful, stirring occasionally. Strain if lumpy or any part is burned.	
	Whisk the flour into the fat and cook, stirring, until the flour turns light brown.	
	Remove all but 1/2 cup of the fat. Keep as much of the juices as possible.	
	While the turkey is resting, place the pan over medium-high heat. The skin, fat, and juices should be a beautiful dark bronze, not black.	
	for up to 2 days or freeze for up to 1 month. When you are ready to serve, defrost, if necessary, in the refrigerator, then bake in a 350°F. oven for 30 to 45 or until heated completely through (or heat in the microwave).	

freeze for up to 1 month. When you are ready to serve, defrost, if necessary, in the refrigerator

Properties

Glycemic Index:19.5, Glycemic Load:3.13, Inflammation Score:-6, Nutrition Score:32.632174077241%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 1.87mg, Quercetin: 1.87mg,

Nutrients (% of daily need)

Calories: 774.66kcal (38.73%), Fat: 41.23g (63.43%), Saturated Fat: 12.5g (78.11%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 6.01g (2.18%), Sugar: 1.18g (1.31%), Cholesterol: 293.72mg (97.91%), Sodium: 940.55mg (40.89%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 90.89g (181.78%), Vitamin B3: 26.8mg (134.02%), Selenium: 85.59µg (122.27%), Vitamin B6: 2.11mg (105.3%), Vitamin B12: 4.75µg (79.16%), Phosphorus: 730.74mg (73.07%), Zinc: 7.81mg (52.08%), Vitamin B2: 0.74mg (43.59%), Vitamin B5: 2.7mg (27.01%), Potassium: 883.46mg (25.24%), Magnesium: 99.3mg (24.83%), Iron: 4.1mg (22.8%), Vitamin K: 20.05µg (19.1%), Copper: 0.3mg (15.19%), Vitamin B1: 0.2mg (13.66%), Vitamin A: 613.04IU (12.26%), Vitamin E: 1.5mg (10.03%), Vitamin D: 1.36µg (9.08%), Folate: 36.3µg (9.07%), Calcium: 64.23mg (6.42%), Manganese: 0.11mg (5.41%), Fiber: 0.34g (1.37%), Vitamin C:

0.97mg (1.17%)