



Two-Hour Turkey and Gravy

READY IN



45 min.

SERVINGS



12

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 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
- ☐ 12 servings salt
- ☐ 12 pound turkey

☐ 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).

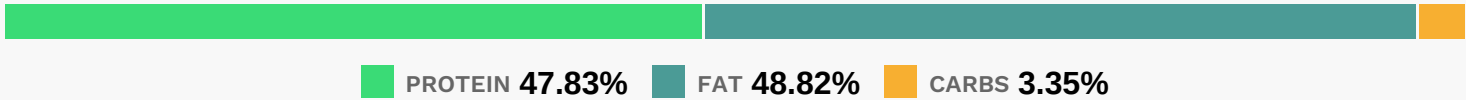
☐ Remove the turkey to a board or platter for carving. Carve. Discard the onions and garlic from inside the turkey. The turkey can be made a day ahead and refrigerated before reheating, carved, or it can be carved 10 minutes after resting.

☐ 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

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

- ☐ 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.
- ☐ Remove all but 1/2 cup of the fat. Keep as much of the juices as possible.
- ☐ Whisk the flour into the fat and cook, stirring, until the flour turns light brown.
- ☐ Whisk in the rest of the broth, and boil until thick and flavorful, stirring occasionally. Strain if lumpy or any part is burned.
- ☐ Add water or canned broth or stock if a thinner gravy is desired.
- ☐ Add as much cream as desired. Season to taste with salt and pepper.
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Nutrition Facts



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, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 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 %: 0% (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%)