
Roast Turkey and Gravy

The Essential Southern Living Cookbook

Preparation Time: 14 minutes

Start to Finish Time: 3 hours 10 minutes

1 (12 to 14 pound) turkey
1 tablespoon table salt
2 teaspoons black pepper
1/2 cup butter, softened
1 Golden Delicious apple, quartered
1 large yellow onion, quartered
2 large carrots, cut into three-inch pieces
3 celery ribs with leaves, cut into three-inch pieces
4 cups hot water
1/3 cup all-purpose flour

Preheat the oven to 425 degrees. Remove the giblets and neck from the turkey. Rinse and reserve for another use.

Rinse the turkey with cold water. Pat dry. Sprinkle the cavity with 1/2 teaspoon of salt and one teaspoon of pepper. Rub the skin of the turkey with butter and sprinkle with the remaining 1/2 teaspoon of salt and one teaspoon of pepper.

Place the apple, carrots, onion and celery into the turkey cavity. Lift the wingtips up and over the back and tuck under the bird. Place the turkey, breast-side up, on a lightly greased rack in a roasting pan.

Roast in the preheated oven on a lower oven rack for 20 minutes. Reduce the oven temperature to 325 degrees. Add hot water to the pan. Roast for 2 to 2-1/2 hours or until a meat thermometer inserted into the turkey thigh registers 170 degrees. Shield the turkey with foil after one hour and baste with pan juices every 20 minutes.

Let stand for 15 minutes. Transfer the turkey to a serving platter. Reserve 2-1/2 cups of drippings.

Whisk together the drippings and 1/3 cup of flour in a medium saucepan. Cook over medium heat, whisking constantly, for 5 to 7 minutes or until thick and bubbly. Season the gravy to taste. Serve with the roasted turkey.

Yield: 12 to 14 servings

Turkey

Per Serving (excluding unknown items): 9345 Calories; 505g Fat (50.1% calories from fat); 1056g Protein; 73g Carbohydrate; 11g Dietary Fiber; 3737mg Cholesterol; 11338mg Sodium. Exchanges: 2 Grain(Starch); 143 1/2 Lean Meat; 4 1/2 Vegetable; 1 Fruit; 18 1/2 Fat.