

**HERB ROASTED TURKEY** **Basic Lifestyle**

**Ingredients**

- 1 10-to-12 pound turkey
- 1/4 cup minced fresh herb plus 20 whole sprigs, such as thyme, rosemary, sage, oregano and/or marjoram, divided
- 2 TBS canola oil
- 1 TSP salt
- 1 TSP freshly ground pepper
- Aromatics: onion, apple, lemon and/or orange, cut into 2-inch pieces (1-1/2 cups)
- 3 cups water, plus more as needed.

**Instructions for Turkey**

1. Position a rack in the lower third of the oven; preheat to 475°.
2. Remove giblets and neck from turkey cavities and reserve for making gravy. Place the turkey, breast side up, on a rack in a large roasting pan. Pat dry with paper towels.
3. Mix minced herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat.
4. Place aromatics and 10 of the herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan.
5. Roast the turkey until the skin is golden brown, 45 minutes. Remove the turkey from the oven. If using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast. Reduce oven temperature to 350° and continue roasting for 1-1/4 to 1-3/4 hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water. The turkey is done when the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°.
6. Transfer the turkey to a serving platter and cover with foil. (Start making Herbed Pan Gravy.) Let the turkey rest for 20 minutes. Remove string and carve.

**Portion-Per-Serving Information** (Yields 12 servings):

1 serving = 3 oz. turkey + 3 TBS gravy = 1 P, 1/2 FT

## **Ingredients for Herb Pan Gravy**

Giblets and neck from turkey  
6 cups water  
2-3 cups reduced-sodium chicken broth, divided  
1/4 cup all-purpose flour  
3/4 cup deglazing liquid, such as white wine, vermouth or brandy  
1 TBS minced fresh herbs (optional)  
salt and freshly ground pepper to taste

## **Instructions for Herb Pan Gravy**

1. To make giblet stock: Place giblets (except liver), neck and water in a large saucepan. (Reserve the liver for another use or discard.) Bring to a boil over high heat. Reduce heat and simmer, skimming and discarding any foam, for 1 hour. Strain through a fine-mesh sieve.
2. To make gravy: After removing the turkey from the roasting pan, pour any pan juices and fat into a large glass measuring cup and place in the freezer so the fat rises to the top, about 10 minutes. Skim the fat off with a spoon and discard. (Alternatively, pour the pan juices and fat into a fat separator, then pour the defatted juices into a large measuring cup.) Add any accumulated juices from the resting turkey to the defatted pan juices; add the reserved giblet stock plus enough chicken broth so the combined liquids measure 5 cups total.
3. Whisk 1/2 cup chicken broth and flour in a small bowl until smooth.
4. Set the roasting pan over two burners on medium-high heat. Add deglazing liquid; bring to a boil and cook, scraping up the browned bits from the pan, until the liquid is reduced, about 3 minutes. Add the 5 cups of liquid from Step 2. Increase the heat to high and return to a boil, whisking often and scraping up any remaining browned bits. Boil until reduced to 2-3/4 cups, 8 to 12 minutes. Whisk the reserved broth-and-flour mixture into the roasting pan. Boil, whisking constantly, for 2 to 3 minutes. Remove from the heat and pour the gravy through a fine sieve into a large measuring cup. Stir in herbs, if using. Taste and season with salt (if needed) and pepper.

**Portion-Per-Serving Information** (Yields 16 servings, approximately 3 cups):

1 serving = 3 TBS = 1/2 FT