

Julia's Cookbook

TURKEY 101

Giblet Broth

1 package of the giblets and neck, rinsed
1 medium onion and or 1 leek
1-2 carrots (or a handful of pre cut baby carrots)
1 large celery stalk
Teaspoon of peppercorns
1 bayleaf
5 sprigs of fresh parsley

Turkey

Salt pepper
Melted butter
One stick minimum room temperature butter
Fresh herbs – if you'd like (sage and thyme) or the prepackaged fresh herbs container for poultry
Onions
Lemon
Celery tops

Gravy

The giblet broth, turkey broth or chicken broth
Flour
Butter
Maderia wine (marsala, red wine – your choice or none)
1-2 teaspoons Worcestershire Sauce

Preparation

BRING TURKEY OUT OF FRIDGE – let rest to room temperature for at least 1 hour.

Broth - Begin by removing the giblets and neck from the turkey. Place them in a medium sized sauce pan, add all the above listed ingredients under Giblet Stock above. Cover with water by at least 3-4 inches. Bring this mixture to a boil, then reduce to a simmer. Which means a few bubbles here and there. If bubbly scum arises from the top, you can skim it off and discard. If too much liquid evaporates, add more water. Taste it.

Turkey – begin by drying off the turkey inside and out as best you can. Next loosen the skin around the breast area. With your softened butter, mix in some chopped sage and thyme. A tablespoon of herbs, roughly. It depends on how big your turkey is, do not over think it. Using your fingers, rub the herbs under the skin all over the breasts and around that area. Use as much as you can. Then continue to season all

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over the bird with salt and pepper. Per the video, place your celery tops, carrots onion, herbs inside the turkey cavity. An apple would be nice too. I forgot

In your turkey roasting pan, pour at least two cups of broth, (if no broth?!?*, then water) enough to cover at least a generous inch. Throw some carrots, celery, onion on the bottom of the pan. Maybe a few mushrooms or an chopped apple if you have them. Place your turkey on a rack. Using a half of cheesecloth, soaked in melted butter, and place that on top of the bird, covering the breast area. Begin by roasting the bird at 400 degrees for 30 minutes. Then turn down to 350 or 325 convection roast. You will want to baste the turkey intermittently with the giblet broth and or from the liquid in bottom of roasting pan. Be sure that the roasting pan remains with a lot of liquid on the bottom, that's your gravy base. Plan on roughly 20 minutes per pound. See the video for taking the temperature. You are looking for 165 internal temperature.

BE SURE TO LET THE TURKEY REST FOR AT LEAST 45 minutes minimum before carving

Gravy – per the video, using a liquid separator, divide your fat and liquid. If you do not have a lot of fat, use butter (real butter people)

Ratio – is 1 tablespoon fat, 1 generous tablespoon flour and 1 cup liquid.

In the roasting pan or sauce pan if you are using an foil pan. Mix your fat and flour over medium heat, add your liquid, combine well with whisk, if it too liquidy add another tablespoon of flour. I needed to on video. Add a splash of wine or such liquid (burbon, brandy, marsala, apple cider), then begin by adding your giblet broth along with shakes of the Worcestershire Sauce. Let come to full boil in order for it to fully thicken. If it is too thin, just let it reduce by slowly boiling it over meduim high heat. It will in time. Season it with salt if necessary.

ON VIDEO – I did roughy 7 Tablespoons fat and 8 Tablespoons flour and 6 cups brooth and I ended up with 1 1/2 quarts of gravy.

CARVING – see the video, look for the joints.

GOOD LUCK – I hope this was insightful and remember you are in charge of that BIRD!

Cheers, Julia