



# Lindenhof Farm Recipe

## Herb-Roasted Turkey with Giblet Gravy

Reprinted with permission from The Grassfed Gourmet Cookbook: Healthy Cooking and Good Living with Pasture-Raised Foods, by Shannon Hayes (Eating Fresh Publications, 2004).

### Giblet Broth

Make giblet broth one day ahead, if possible. If not, remove the giblets, and make the broth while roasting the turkey as directed below.

2 tablespoons olive oil  
Turkey giblets, including the neck, gizzard, heart, and liver  
1 medium carrot, scraped and coarsely chopped  
1 medium onion, coarsely chopped  
1 1/2 quarts chicken broth (or turkey broth, if you have on hand)  
1 tablespoon dried thyme, or 3 tablespoons fresh  
2 teaspoons dried parsley, or 2 tablespoons fresh, finely minced

- Heat olive oil in a small soup pot.
- Rinse giblets and sauté in the oil until they are lightly browned, about 4–5 minutes (can be done in batches).
- Add the carrot, and sauté 1 minute longer.
- Add the onion, and sauté until translucent.
- Reduce the heat to very low.
- Cover, and simmer for 10 minutes.
- Add the chicken broth, thyme, and parsley, and bring to boil.
- Reduce the heat, and simmer for 30 minutes longer.

### Herb butter (Enough to accommodate up to 20 pounds of turkey)

1 tablespoon coarse salt  
1 tablespoon freshly ground black pepper  
4 cloves garlic  
1 tablespoon fresh thyme  
2 tablespoons finely minced fresh oregano  
1 tablespoon minced fresh rosemary  
1 teaspoon dried lavender  
1/4 pound unsalted butter, softened, or 1 cup olive oil  
Combine all in a food processor and purée until smooth.

### Turkey

1 turkey  
3 medium onions, coarsely chopped  
2 carrots, scraped and coarsely chopped  
2 stalks celery, coarsely chopped  
4 to 6 springs fresh thyme

2 sprigs fresh sage  
2 sprigs fresh marjoram or oregano  
4 tablespoons unsalted butter, melted

- Preheat oven to 325°F and place the oven rack in the lowest position
- Rinse the turkey, inside and out, and pat dry with paper towels.
- Rub one-quarter of the herb butter under the skin on the breast.
- Rub the remainder all over the bird—on the back, on the breast, on the legs, and on the thighs.
- Set the turkey, breast side down, on a well-oiled rack in a large roasting pan.
- Toss half the chopped onions, carrots, and celery into the cavity of the bird.
- Add half the fresh herbs and 1 tablespoon of the melted butter.
- Scatter the remaining vegetables and herbs in the bottom of the roasting pan.
- Pour 1 cup of water over the vegetables (not on the turkey).
- Roast the turkey for the estimated amount of time listed on the chart on page 217, basting every hour.
- Early in the roasting, before you have pan juices, use the remaining 3 tablespoons melted butter to baste the bird.
- If the vegetables in the pan look dehydrated, periodically add another 1/2 cup water until the turkey starts releasing pan juices.
- Halfway through the estimated cooking time, pour the reserved giblet broth into the bottom of the pan; carefully turn the bird breast side up.
- Continue roasting, basting regularly with the pan juices, until the thigh registers 170° to 175°F.
- Remove the bird from the oven, transfer it to a warm platter, tent loosely with foil, and let rest for about 30 minutes while you make the gravy.

### **Gravy**

4 tablespoons unsalted butter  
1/4 cup all-purpose flour  
1 cup dry white wine  
Coarse salt and freshly ground black pepper to taste

- Pour the pan juices into a large measuring cup or bowl. Strain and discard the vegetables and herbs.
- Heat the butter in a large saucepan over medium heat.
- Whisk in the flour, stirring constantly, until it turns a deep caramel color.
- Pour in all but 1 cup of the pan juices.
- Keep stirring the mixture until it comes to a boil.
- Reduce the heat, and simmer the gravy for about 5 minutes, until it is slightly thickened. Be sure to stir the mixture frequently.
- Set the roasting pan over two stove burners.
- Add the wine to the pan, and bring to a simmer, scraping up any browned bits.
- Add the gravy, and continue cooking until the sauce is reduced by almost one-third (approximately 5 minutes).
- Add the remaining broth and chopped giblets, and return the mixture to a boil, stirring constantly.
- Adjust the seasonings for salt and pepper.

