



urban  roots

MAIN COURSE

from our family to yours

Happy Thanksgiving!



make your own TURKEY & GRAVY

INGREDIENTS:

- Whole stick butter
- 1/2 cup flour
- Giblets and neck of turkey
- 3 quarts water
- 1 carrot, cut in half
- 2 ribs celery, cut in half
- 1 onion (with skin on), cut in half
- 1 Tbsp Kosher salt
- 1 tsp black pepper
- Fresh thyme (+ 3 sprigs for basting liquid)
- Fresh sage (+ 3 sprigs for basting liquid)
- Fresh rosemary (+ 3 sprigs for basting liquid)
- Fresh parsley
- Garlic cloves

INSTRUCTIONS:

Prepare the Turkey:

- 1). Remove everything from inside of turkey; set aside.
- 2). Slice butter. Working from the front of the turkey, lift skin and slide slices of butter under the skin directly on top of the turkey meat. Massage butter gently.
- 3). Take sprigs of sage, thyme, and/or rosemary; slide each sprig whole under skin next to pads of butter.
- 4). Sprinkle outer skin with ground pepper and kosher salt.
- 5). Add stuffing inside the turkey if desired. Note: Make the stuffing the night before; never place warm stuffing into a cold turkey. Place turkey in oven.

Baste the Turkey:

- 1). Place all ingredients (except butter and flour) in medium stock pot. Simmer on low heat for 1 hour, covered.
- 2). Using a ladle, pour 1-cup liquid from the pot (not the vegetables) over turkey.
- 3). Repeat every 30 minutes while the turkey is roasting at 325 degrees F.

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TURKEY & GRAVY ~ CONTINUED

Make the Gravy.

- 1). Discard the vegetables from the stock pan; strain liquid and place into a saucepan.
- 2). Add pan drippings from the cooked turkey into saucepan. Deglaze the turkey pan with 1-cup water if drippings are stuck to the roasting pan.
- 3). Skim off any excess fat and bring stock to a simmer.
- 4). Mix 1/2 cup flour and 1 cup water. Whisk gently into the simmering broth.
- 5). Cook on low heat, whisking often, until thickened. Add salt/pepper to taste.

Note: If gravy is too thick, add more water, 1/2 cup at a time until the desired consistency is achieved.



Fun Facts

Carrots come in many colors, including purple

Carrots are 88% water

To prevent damage to its cells, carrots increase their sugar content when it's cold outside. This defense mechanism creates a tastier vegetable for us to eat!

Say hello to CARROTS

HOW DO CARROTS HELP OUR BODY?

This wonder vegetable comes packed with the following nutrients including:

- Carotene: Protects eye health and may prevent cancer
- Fiber: Known to lower blood sugar and cholesterol as well as promote digestive health
- Vitamin K1: Supports bone and blood health
- Potassium: Helps maintain a healthy blood pressure
- Antioxidants: Helps fight free-radicals in your bloodstream, protecting your body from the damage they cause

