

## **Fennel-Rubbed Turkey and Gravy**

Alison Ladman for the Associated Press

Palm Beach Post

**Start to Finish Time: 2 hours 30 minutes**

**4 large yellow onions, quartered**

**2 tablespoons fennel seeds**

**1 tablespoon coriander seeds**

**1 tablespoon mustard seeds**

**1/2 teaspoon celery seeds**

**salt**

**ground black pepper**

**1/4 cup vegetable or canola oil**

**1 12-to-14 pound turkey**

**1/4 cup white wine**

**2 cups low-sodium chicken broth**

**3 tablespoons all-purpose flour**

Preheat the oven to 350 degrees.

Fit a roasting pan with a rack. Scatter the onion pieces under the rack.

Using a spice grinder or mortar and pestle, grind the fennel, coriander, mustard and celery seeds. Stir in two teaspoons of salt and one teaspoon of black pepper.

In a small skillet over medium-high, heat the oil. Add the ground seed mixture and cook for 1 minute. Set aside for 5 minutes to cool.

Rub the oil and seed mixture all over the turkey, being sure to rub it under and over the skin and in the cavity. Set the turkey on the rack in the prepared roasting pan.

Roast for 2 to 2 1/2 hours, or until the breast reaches 160 degrees and the thickest part of the thigh reaches 170 degrees. If the turkey begins to darken too much, cover it with foil.

Transfer the turkey to a serving platter, wrap with a layer of foil, then two layers of kitchen towels.

Remove the rack from the roasting pan. Place the roasting pan on the stovetop over medium heat. Bring the juices to a simmer.

Add the wine and scrape up any browned bits in the pan.

In a bowl, whisk the chicken broth and flour. Pour the mixture into the pan, whisking continually. Simmer for 5 minutes, continuing to stir.

Strain the gravy, then season with salt and pepper.

**Yield: 12 to 14 pound turkey**

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Per Serving (excluding unknown items): 8672 Calories; 423g Fat (45.2% calories from fat); 1083g Protein; 73g Carbohydrate; 14g Dietary Fiber; 3488mg Cholesterol; 3445mg Sodium. Exchanges: 2 Grain(Starch); 146 1/2 Lean Meat; 6 1/2 Vegetable; 1 Fat.