



COOKING CLASSES
AT SUR LA TABLE

**THANKSGIVING TURKEY
&
GRAVY TUTORIAL**

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- 12-14 pound turkey, thawed and dry brined overnight

Produce

- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh thyme
- 1 bunch fresh sage
- 1 large yellow onion
- 2 large carrots
- 2 large stalks celery
- 1 shallot
- 2 garlic cloves

Dairy

- 2 sticks unsalted butter

Pantry Items

- 6 cups poultry stock (recipe included)
- Kosher salt
- All-purpose flour
- Vegetable oil

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Carving knife

Hand Tools/Gadgets

- Wooden spoon
- Prep bowls (all sizes)
- Fat separator
- Instant-read thermometer
- Whisk
- Spatula
- Cutting board
- Turkey baster

Cookware

- Roasting pan
- Large skillet

Other

- Kitchen twine
- Aluminum foil

Pre-Class Mise en Place and Notes

- This class is structured as a demonstration. Feel free to watch, listen and take notes.
- If you are cooking along, please gather and measure all ingredients for preparing the turkey or carving the turkey. The chef will also demonstrate the gravy.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.

Dry-Brined Turkey with Savory Herb Butter

1. Dry brine thawed turkey for 24 hours.
2. Preheat oven to 425°F.
3. Wash and dry all produce.

Classic Turkey Gravy

1. Wash and dry all produce.

Poultry Stock

1. Prepare recipe or purchase stock.

DRY-BRINED TURKEY WITH SAVORY HERB BUTTER

Yield: 10 to 12 servings

Don't forget to purchase your turkey far enough in advance to account for thawing and brining times (at least 4 days for a 12-pound frozen turkey).

1 (12- to 14-pound) turkey, neck and giblets removed and reserved for stock
2 to 3 tablespoons fine kosher salt
4 ounces (1 stick) unsalted butter, at room temperature
1/2 cup minced fresh flat-leaf parsley, thyme and sage leaves
Vegetable oil
1 to 2 cups poultry stock, plus more as needed
1 large yellow onion, diced into 1-inch pieces
2 large carrots, peeled and diced into 1-inch pieces
2 large stalks celery, diced into 1-inch pieces

- 1. To dry brine:** Pat turkey dry with paper towels. Place the turkey into a roasting pan and gently run your hand or the handle of a wooden spoon between the skin and meat to loosen the skin, being careful not to tear it. Loosen as much skin as possible over the breasts, legs and thighs. Rub the meat under the skin with salt to coat the meat evenly, again taking care not to rip the skin. Transfer turkey uncovered to the bottom shelf of the refrigerator for at least 8 hours and up to 24 hours.
- 2. To dress and roast the turkey:** Remove turkey from the refrigerator and let stand at room temperature for 45 minutes. Preheat oven to 425°F and place a rack in the lower third rack of the oven. To a small bowl, add butter and herbs; stir to combine. Rub the turkey with the butter mixture, coating all parts equally. If needed, gently stretch the skin to cover breast meat completely. Using kitchen twine, tie the legs together at the ankles and tuck wing tips under breasts.
- 3. To start roasting:** Place a heavy roasting rack inside a large roasting pan and lightly oil the rack. Place turkey, breast side up, on the roasting rack; transfer to oven and roast for 30 minutes. After 30 minutes, add 1 cup of stock to the roasting pan to prevent pan drippings from scorching.
4. After 60 minutes, remove the roasting pan from the oven and reduce the oven temperature to 350°F. Baste the turkey with pan juices. Scatter onion, carrot, and celery pieces across the bottom of roasting pan, stirring to coat with pan juices. Return turkey to oven and continue roasting until an instant-read thermometer inserted in the thickest part of the thigh registers 165°F, 2 hours or more, depending on the weight of the turkey. *The general rule for roasting poultry is to roast it for 15 to 20 minutes per pound.*

5. **To rest the turkey:** Remove turkey from oven and transfer to a large platter. Tent turkey loosely with aluminum foil to keep warm and rest for at least 20 to 30 minutes before carving.

6. **For the gravy:** Strain pan drippings through a fine-mesh strainer set over a heatproof vessel, making sure to scrape off all browned bits from the bottom of the roasting pan. Once cool, fat can be skimmed off and saved for other recipes; save the drippings for making the gravy.

7. **To serve:** Using a carving knife, remove legs and thighs from the turkey. Slice breasts into 1/4-inch slices and place on a serving platter with legs and thighs. Serve immediately.

CLASSIC TURKEY GRAVY

Yield: *about 3 cups*

4 tablespoons strained turkey fat drippings or unsalted butter

1 large shallot, chopped

2 large garlic cloves, minced

1/4 cup unbleached all-purpose flour

3 cups low-sodium chicken stock, plus more if needed

2 teaspoons chopped fresh thyme leaves

2 teaspoons chopped fresh sage leaves

1 1/2 teaspoons chopped fresh flat-leaf parsley or tarragon

1. Transfer turkey to cutting board and strain drippings through a fine-mesh strainer into a liquid measuring cup. Reserve 4 tablespoons for the roux. Combine the remaining strained drippings with enough chicken stock to make 3 cups.

2. **To prepare the roux:** To a large skillet set over medium-high heat, add turkey fat drippings or butter. Add shallot and garlic and cook until translucent, about 2 minutes. Reduce heat to medium-low, whisk in flour to make a thick paste, called a roux. Cook, whisking continuously until flour colors lightly and smells like toasted almonds, about 2 minutes.

3. **To prepare the gravy:** Increase heat to medium-high. Slowly add drippings and stock mixture into the skillet while whisking vigorously. Once the gravy is thickened and bubbling, add herbs. Reduce heat to a simmer and cook, stirring occasionally, until gravy has a rich velvety texture, about 10 minutes. Taste and adjust seasoning with salt and pepper. (*Recipe can be prepared up to this stage 1 to 2 days ahead, covered, refrigerated, and rewarmed before continuing.*)

4. **To finish the gravy:** Taste and adjust seasoning with salt and pepper; serve immediately.

POULTRY STOCK

Yield: *about 8 cups*

If you use turkey bones, ask your butcher to cut the turkey bones into pieces for you. For a stronger flavored stock, roast poultry and vegetables in the oven until golden brown prior to cooking. You can make the stock up to 3 days in advance and keep refrigerated or freeze for future use.

Reserved turkey giblets such as neck, gizzard, and heart
2 pounds turkey or chicken wings and/or carcasses, cut into 3-inch pieces
1 large yellow onion, quartered
2 large carrots, peeled and cut into 1-inch pieces
2 large celery ribs, cut into 1-inch pieces
4 garlic cloves
2 to 3 tablespoons vegetable oil
9 cups cold water
1 teaspoon black peppercorns, lightly crushed
1 bay leaf
5 sprigs fresh flat-leaf parsley
3 sprigs fresh thyme

- 1. Pressure cooking method (fastest):** Transfer all ingredients to a large pressure cooker and cook for 60 minutes. *(Always review manufacturers' directions before using any pressure cooker. Make sure your pressure cooker's capacity can accommodate all the ingredients or make stock in 2 batches.)*
- 2. Slow simmer method:** To a large saucepan set over high heat, add all stock ingredients; bring to a boil. Reduce heat to simmer and cook until stock is richly flavored and reduced slightly, 3 to 4 hours. Do not allow the stock to return to a boil; it should bubble gently. Using a slotted spoon or ladle skim off the foam that accumulates on the top of the stock.
- 3. To store the stock:** When finished, remove from heat and allow the stock to cool slightly. Strain stock through a fine-mesh sieve into a large heatproof bowl and cool to room temperature. Ladle off fat *(can be reserved for making roux)*. Cover and refrigerate until ready to use.

THANKSGIVING SURVIVAL GUIDE

Thanksgiving has a way of sneaking up on you. If you've spent too many holidays in a last-minute frenzy, it's time to break the cycle. Use this Thanksgiving Survival Guide to organize and prepare a bountiful holiday spread. This year's dinner will not only be delicious, but a breeze to make as well.

PLANNING THE ULTIMATE THANKSGIVING MENU

For many cooks, Thanksgiving is the biggest dinner party they'll throw all year. Having friends and family gathered together certainly makes the occasion special, but selecting an array of enticing dishes can make a good dinner great. When planning your Thanksgiving menu, keep these tips in mind:

- **Take time to plan:** A few weeks before Thanksgiving, pull out your favorite cookbooks and food magazines and browse through holiday recipes for fresh inspiration. Flag dishes that go well with your time-honored favorites or pick recipes that just sound fun. It's a great way to get into the holiday spirit and find new ideas for your table.
- **Mix old and new:** Thanksgiving is more about tradition than breaking new culinary ground. For instance, if your family can't fathom spending the last Thursday of November without a big roasted bird, stick with the turkey. If you're itching to get creative in the kitchen, look for new twists on side dishes, stuffing and desserts.
- **Add variety:** Many of us remember the Thanksgiving meals of our childhoods where everything on the table was creamy, rich and heavy. When selecting recipes for your holiday table, include dishes with varying colors, textures and temperatures for a more appetizing and enticing meal.
- **Hold auditions:** Thanksgiving Day is not the time to try out a fancy new recipe or cooking technique you've never attempted. If you're itching to tackle a brand-new dish, test it at least a week in advance so you feel confident about making it on the big day.

Once you've compiled your short list of possible Thanksgiving dishes, use the following checklist to finalize your menu:

- **Take stock of your kitchen:** Keep your kitchen layout and equipment in mind when planning your Thanksgiving dinner. In other words, it's going to be tough to roast a turkey, bake a pumpkin pie and cook your sides if you only have one oven. When restaurants put together their menus, they select dishes that are cooked using different methods and equipment, so they don't jam up one section of the kitchen. Take a cue from the professionals and do the same.
- **Find the magic words:** When browsing through holiday recipes, look for this all-important phrase: make ahead. Many dishes can be made in part or entirely in advance, saving you valuable time. For instance, many dough recipes, like pie dough and yeast breads, can be made and either refrigerated for a day or two or frozen for several weeks. Some dishes such as soups or cranberry sauces taste better when made a few days in advance. Many holiday casseroles and stuffing recipes can be assembled Thanksgiving morning and refrigerated until it's time to bake. By spreading out the cooking over several days or even weeks, you can impress family and friends with a delicious spread without spending all day in the kitchen.
- **Gather your game plan:** Look at all your recipes and put together a complete shopping list, from the bird all the way down to salt and pepper. Having a detailed plan is your biggest key to holiday cooking success.

So, you've planned your menu, jotted down your shopping list and organized your timeline. Let's start cooking! Here's how to make and serve an amazing Thanksgiving dinner:

- **Shop early and often:** Nothing's more exhausting than buying all your holiday dinner ingredients in one big trip. Since you're already going to make some of your dishes in advance, shop only for what you need, when you need it. That way you'll save your back and you won't fill your refrigerator to the point of overflowing.

- **Keep cold foods cold:** During your first shopping trip, make sure to pick up zip-top bags, plastic wrap, aluminum foil and food storage containers for your make-ahead items. You want them to come to the table fresh and full of flavor, and proper food storage is key.
- **Keep hot foods hot:** Here's another restaurant tip—the secret to getting a bunch of dishes to the table at the same time lies in knowing how to keep hot foods hot. If you have a second oven or even a large toaster oven, turn it on warm and hold your finished dishes there until serving time. If you're entertaining a large crowd, consider renting or buying warming trays or chafing dishes to keep your buffet items nice and toasty. Keep in mind that large, moist items like the holiday turkey hold heat well, so cover them loosely with aluminum foil to keep them warm and make sure to turn those pan drippings into flavorful gravy. Chefs know that garnishing dishes with a warm sauce helps keep the food hot—that's one of the reasons why so many restaurant dishes are served with sauces. You can also keep your gravy warm by storing it in an insulated container while you finish those last-minute dinner preparations.

With a little planning and preparation, you can sit at the Thanksgiving table with your loved ones and bask in the glory of a beautiful meal you made yourself—no last-minute rush required.

TURKEY 101: INSIDER TIPS FOR SUCCESS

Crackling crispy, mahogany-brown skin, moist and flavorful meat—who doesn't love a perfectly roasted holiday turkey? The secret to a succulent bird lies in adding flavor before and during cooking and having a few key tools on hand helps guarantee a gorgeous and flavorful centerpiece for your Thanksgiving table.

SELECTING A TURKEY

With the growing interest in sustainably raised and heritage breeds of turkeys, your choices in the poultry case have exploded over the last several years. Buy the best quality turkey you can afford and read the label carefully.

- Commercially raised birds are bred to develop quickly and deliver the whitest meat possible but don't always have the best flavor. Some of these turkeys also come "pre-basted" and are injected with fats and liquid to keep the meat moist. Some people find the flavor and texture of these birds lacking.
- Keep in mind that a supermarket turkey labeled as "fresh" can be partially frozen at some point. If having a truly fresh turkey is important to you, look for a local turkey farm that sells fresh turkeys.
- If you want an all-natural turkey with no additives, look for certified-organic or free-range turkeys that were not fed any supplements.
- Heritage turkey breeds such as Bourbon Red and Narragansett have made a resurgence of late, and many people find them more flavorful than the Broad-Breasted White which is raised commercially. These turkeys can be challenging to find and expensive compared to the grocery store variety, and typically provide less white meat than a grocery store bird.
- Once you decide which turkey is best for you, next figure out how big a bird to buy. A good rule is to plan on 1 pound of turkey per person. If you're looking for generous leftovers, go for 1 1/2 pounds per person.

PREPARING A TURKEY FOR ROASTING

Try some of these techniques to add flavor and moisture to your Thanksgiving turkey:

- **Thawing:** If you buy a frozen turkey, thawing it in the refrigerator is the safest way to go. A frozen 12-pound turkey can take up to 4 days to thaw completely, so plan ahead. Place the frozen turkey in a pan large enough to hold it and place it in the bottom of your refrigerator.

- **Brining:** Soaking a turkey in a flavorful mixture of saltwater and spices adds flavor and moisture to turkey meat. Make sure to buy (and thaw) your turkey two to three days in advance. You can brine in a large stock pot or in a plastic brining bag. Just make sure that you can store the turkey in your refrigerator while it brines.
- **Dry brining:** Rubbing the meat with salt helps infuse it with flavor. Carefully loosen the skin from the meat, taking care not to tear the skin. Try to loosen as much skin over the breast, legs and thighs as possible. Keep in the refrigerator for 24 to 48 hours before roasting.
- **Drying the skin:** Allowing the bird to sit uncovered in the refrigerator up to 24 hours before roasting lets moisture evaporate for a crispier skin.
- **To stuff or not to stuff:** Many of us grew up with a stuffed turkey, but stuffing increases roasting time which can contribute to a dried-out bird. Keep the cavity empty and bake the stuffing separately for a crunchy top.

ROASTING THE TURKEY

Since white and dark meat cook at different rates, it can be hard to keep the breast moist while waiting for the dark meat to cook. Below are some tricks for ensuring a perfectly cooked turkey:

- **Timing:** When trying to gauge how long your turkey will take to roast, plan on about 20 minutes per pound at 350°F if your turkey isn't stuffed, so a 12 pound unstuffed bird can take around 3 hours. If the bird is stuffed, add about 30 minutes of cooking time. Keep in mind, this is a general rule; the very best way to know when your turkey is done is to use an instant-read meat thermometer as described below.
- **Barding:** An old-fashioned technique for adding flavor and fat to lean meats. By covering the turkey with strips of bacon, pancetta or salt pork, the turkey absorbs their flavor during the roasting process. The pork products also help baste the turkey. Watch the turkey carefully, removing the pork when it starts to brown too much. Also, if you've layered the breast with strips of pork, remove them during the last 30 to 40 minutes of cooking to allow the skin to brown beautifully.
- **Upside down:** Roasting the turkey breast-side down during the first half of cooking can help protect the breast from over-cooking.
- **Basting:** Most of us are familiar with coating the bird with pan drippings as it cooks. But be careful not to baste too often since opening and closing the oven door will extend cooking time. Stop basting during the last 30 to 40 minutes of cooking time, as basting adds moisture to the skin and will make it soggy.
- **Check the Temperature:** The best way to determine when your turkey is done is to take its temperature. Insert an instant-read thermometer into the thickest part of a thigh and breast without touching the bone. Pull the turkey out of the oven when the temperature in the breast and thigh reaches 165°F; if your bird is stuffed, also check that the stuffing temperature has reached 165°F.

SERVING THE TURKEY

- **Resting:** It's critical to let your turkey rest for at least 20 to 30 minutes before carving. When a turkey roasts, the juices are forced to the center; resting allows the juices to flow back through the entire bird for moist and delicious meat.
- **Carving:** Use a boning knife to remove the legs and thighs. A sharp carving knife will make easy work of slicing the breast meat.

ESSENTIAL TURKEY TOOLS

A few key products will help you roast and serve a delicious and beautiful bird this holiday season:

- **Roasting pan:** A heavy-duty stainless steel roasting pan is the turkey roaster's most essential tool. Look for one with a heavy bottom containing an aluminum or copper core, which helps retain even heat and makes it easy to create the perfect pan gravy. Well-constructed, welded handles also make lifting the big bird easier.
- **Roasting rack:** A heavy duty roasting rack ensures a perfectly roasted turkey. By lifting the bird off the bottom of the roasting pan, the rack allows air to circulate around the turkey for even cooking and crispy skin. Solid-construction racks are sturdy and easy to use.
- **Meat thermometer:** A thermometer is the most accurate way to tell when the bird is done. Instant-read thermometers are simple and quick to use. Digital roasting thermometers often feature probes which stay in the turkey throughout cooking and chime when the turkey reaches a preset temperature, taking all the guesswork out of the process.
- **Basting bulb:** A long basting bulb makes coating the turkey with pan juices easy, quick and safe. Some models are offered as dual injectors and basters, making it simple to infuse your turkey with the pan drippings as well.
- **Turkey lifters:** These handy long, wide forks make picking up the turkey easy and more secure.
- **Cutting board:** A large, heatproof cutting board provides the perfect surface for turkey carving. Look for a board with a well to catch any meat juices. Some boards are attractive enough to go from kitchen to table.
- **Carving knife:** A high quality, sharp carving knife makes slicing the turkey a breeze at the holiday table. The long, thin blade allows you to slice (not a saw) the breast meat into perfect portions. You can also find carving sets which include a long-handled fork to help you handle the meat slices easily.
- **Fat separator:** This heat-proof measuring cup features a special spout that allows you to pour off the fat from your pan drippings, ensuring delicious pan gravy.
- **Brining bags and spices (optional):** A plastic bag makes brining simple and takes up less space in your refrigerator. Premixed brining spices are a great time saver.