

Alton's T-Day Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



692 kcal

SAUCE

Ingredients

- ☐ 5 tablespoons all purpose flour
- ☐ 1 small bay leaf
- ☐ 1 large carrots coarsely chopped
- ☐ 1 large celery stalk coarsely chopped
- ☐ 2 cups cooking wine dry white
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon sage fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped

- ☐ 1 large onion coarsely chopped
- ☐ 4 servings roasting pan with pan juices reserved from turkey
- ☐ 2 parsley sprigs fresh
- ☐ 2 thyme sprigs fresh
- ☐ 3.3 pounds turkey wings
- ☐ 2 tablespoons vegetable oil
- ☐ 11 cups water divided

Equipment

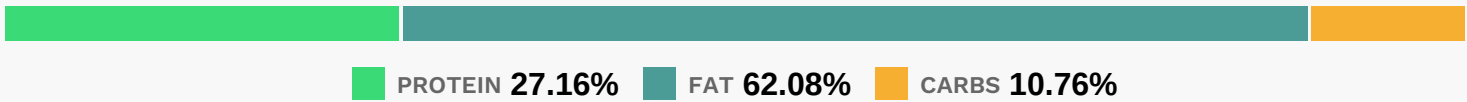
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ roasting pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 450°F. Toss wings and oil in large bowl to coat; transfer to large roasting pan. Roast 45 minutes. Turn wings over; roast until deep golden brown, about 20 minutes.
- ☐ Add 1 cup water to pan and continue roasting wings 10 minutes longer.
- ☐ Transfer wings with liquid to large pot, scraping in any browned bits from roasting pan.
- ☐ Add remaining 10 cups water, onion, celery, carrot, and herbs to pot. Bring to boil. Reduce heat to medium-low and simmer uncovered until reduced to 5 cups stock, about 3 1/2 hours. Strain through sieve set over large glass bowl. Press on solids in sieve to release as much stock as possible. Cool 30 minutes, then refrigerate overnight. (Stock can be made 3 days ahead. Cover and keep refrigerated.)

- ☐ Transfer fat "cap" from surface of chilled stock to small bowl. Dry fat with paper towels. Using hands, break fat into pieces. Measure 5 tablespoons fat and transfer to another bowl; add flour and stir to form smooth paste. Refrigerate schmaltz manié until cold.
- ☐ Roll into 1/2-inch balls. (Can be made 2 days ahead. Cover schmaltz manié and stock separately and refrigerate.)
- ☐ Pour pan juices from turkey roasting pan into fat separator or large measuring cup; spoon off fat if using measuring cup.
- ☐ Place roasting pan over 2 burners.
- ☐ Add wine and boil 1 minute, scraping up browned bits.
- ☐ Pour wine with bits into heavy large saucepan.
- ☐ Pour in pan juices from fat separator, leaving fat behind, or add degreased pan juices from measuring cup.
- ☐ Add herbs and stock to same saucepan. Bring to boil.
- ☐ Whisk in schmaltz manié balls 1 at a time (or paste by teaspoonfuls), cooking gravy briefly after each few additions to judge consistency and boiling gravy until reduced to 4 cups and thick enough to coat spoon, whisking often, about 6 minutes. Season gravy to taste with salt and pepper.
- ☐ Serve gravy with turkey.

Nutrition Facts



Properties

Glycemic Index:87.46, Glycemic Load:7.05, Inflammation Score:-10, Nutrition Score:25.939565668935%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

Nutrients (% of daily need)

Calories: 692.08kcal (34.6%), Fat: 41.27g (63.49%), Saturated Fat: 10.85g (67.82%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 14.45g (5.25%), Sugar: 3.65g (4.05%), Cholesterol: 160.17mg (53.39%), Sodium: 317.28mg (13.79%), Alcohol: 12.36g (100%), Alcohol %: 1.49% (100%), Protein: 40.61g (81.23%), Copper: 1.76mg (87.9%), Vitamin A: 3482.88IU (69.66%), Vitamin B3: 13.47mg (67.37%), Selenium: 37.91µg (54.15%), Vitamin B6: 0.87mg (43.7%), Vitamin K: 40.43µg (38.51%), Phosphorus: 341.14mg (34.11%), Zinc: 3.29mg (21.92%), Manganese: 0.39mg (19.41%), Vitamin B5: 1.81mg (18.06%), Iron: 3.19mg (17.7%), Magnesium: 67.81mg (16.95%), Vitamin B2: 0.28mg (16.69%), Vitamin B1: 0.25mg (16.46%), Potassium: 572.24mg (16.35%), Vitamin B12: 0.71µg (11.89%), Vitamin C: 8.87mg (10.75%), Folate: 40µg (10%), Vitamin E: 1.33mg (8.86%), Calcium: 80.95mg (8.09%), Fiber: 1.64g (6.57%), Vitamin D: 0.23µg (1.51%)