



## Bourbon-Cream Gravy

READY IN



75 min.

SERVINGS



5

CALORIES



473 kcal

SAUCE

### Ingredients

- 2 bay leaves
- 0.8 cup bourbon
- 6 tablespoons canola oil
- 2 carrots coarsely chopped
- 2 celery stalks coarsely chopped
- 8 tablespoons flour all-purpose
- 8 sage fresh
- 0.7 cup cup heavy whipping cream
- 2 quarts chicken broth low-sodium

- 5 servings reserved turkey neck and giblets
- 2 medium onion yellow peeled coarsely chopped

## Equipment

- paper towels
- sauce pan
- mixing bowl
- pot
- sieve
- wooden spoon
- stove
- dutch oven

## Directions

- Pat turkey neck and giblets dry with paper towels.
- Place them in a large mixing bowl, and season with salt and freshly ground black pepper.
- Add 2 tablespoons of the flour and toss to coat.
- Heat a large pot or Dutch oven over medium-high heat and add 3 tablespoons of the oil. When it shimmers, place turkey neck and giblets in the pot; brown them well on all sides, about 6 minutes.
- Remove browned items to a large plate and set aside.
- Pour excess oil from the pot and discard, but do not clean the pot. Return the pot to the stove over medium heat.
- Add remaining 3 tablespoons oil to the pot. When hot, add onion, celery, and carrots to the pot with a pinch of salt and some freshly ground black pepper. Cook, stirring occasionally, until vegetables are softened and just browning around the edges, about 15 minutes. Meanwhile, heat chicken broth in a medium saucepan over medium heat until hot.
- Sprinkle remaining 6 tablespoons flour over vegetables and stir until well incorporated. Cook about 2 minutes more, stirring occasionally.
- Add hot chicken broth to the pot, stirring constantly and scraping up any browned bits that have adhered to the bottom with a wooden spoon. Turn off the heat and stir in 1/2 cup of the

bourbon, the bay leaves, and the sage.

Place reserved neck and giblets in the pot. Turn the stove back on and bring mixture to a boil over medium-high heat, reduce heat to medium low, and simmer uncovered, for about 30 minutes, stirring occasionally until gravy is reduced and thickened and no raw flour flavor remains. Strain gravy through a fine mesh strainer into a medium saucepan. Stir in cream and remaining 1/4 cup bourbon, then return to the stove over medium heat to rewarm. Season with salt and freshly ground black pepper.

## Nutrition Facts

**PROTEIN 10.49%** **FAT 68.6%** **CARBS 20.91%**

### Properties

Glycemic Index:39.17, Glycemic Load:8.31, Inflammation Score:-10, Nutrition Score:14.116086866545%

### Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg

### Nutrients (% of daily need)

Calories: 473.11kcal (23.66%), Fat: 30.82g (47.41%), Saturated Fat: 9.28g (57.98%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 19.34g (7.03%), Sugar: 4.49g (4.99%), Cholesterol: 37.01mg (12.34%), Sodium: 144.95mg (6.3%), Alcohol: 12.02g (100%), Alcohol %: 2.79% (100%), Protein: 10.6g (21.21%), Vitamin A: 4553.71IU (91.07%), Vitamin B3: 6.27mg (31.33%), Vitamin E: 3.41mg (22.76%), Copper: 0.45mg (22.42%), Phosphorus: 169.72mg (16.97%), Vitamin K: 16.9µg (16.09%), Vitamin B2: 0.26mg (15.48%), Potassium: 517.55mg (14.79%), Manganese: 0.19mg (9.61%), Vitamin B1: 0.14mg (9.34%), Folate: 36.92µg (9.23%), Iron: 1.6mg (8.9%), Selenium: 5.56µg (7.94%), Vitamin B12: 0.45µg (7.45%), Vitamin B6: 0.15mg (7.33%), Fiber: 1.8g (7.18%), Vitamin C: 4.95mg (6.01%), Calcium: 57.7mg (5.77%), Zinc: 0.73mg (4.83%), Magnesium: 16.46mg (4.11%), Vitamin D: 0.51µg (3.4%), Vitamin B5: 0.27mg (2.66%)