

Giblet Gravy



Gluten Free



Popular

READY IN



190 min.

SERVINGS



3

CALORIES



212 kcal

SAUCE

Ingredients

- ☐ 3 servings giblets from a turkey (neck, gizzard, heart, liver) (or chicken)
- ☐ 2 tablespoons butter
- ☐ 1 cup onion diced
- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup celery diced
- ☐ 1 tablespoon garlic minced
- ☐ 1 bay leaf
- ☐ 1 teaspoon thyme leaves dried

- ☐ 5 cups water
- ☐ 3 servings drippings from the turkey
- ☐ 2 tablespoons flour (or 2–3 Tbsp of cornstarch, dissolved first into)
- ☐ 3 servings salt to taste
- ☐ 1 teaspoons mustard yellow (or Dijon)

Equipment

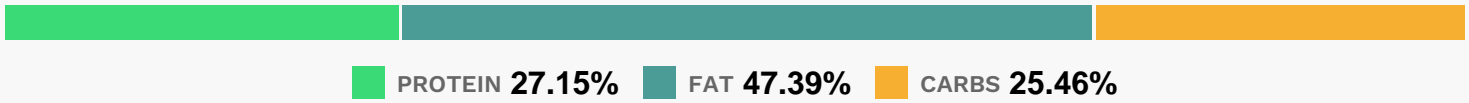
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ roasting pan
- ☐ stove
- ☐ cutting board

Directions

- ☐ Heat the butter in a 2-quart saucepan on medium-high heat. When hot, add the giblets to the pan. Brown them on all sides.
- ☐ Add onion, celery, carrot, garlic:
- ☐ Add the onion, celery and carrot and sauté until the onions turn translucent, about 3–5 minutes.
- ☐ Add the garlic and sauté another minute.
- ☐ Add bay leaf, thyme, water, bring to simmer:
- ☐ Add the bay leaf, thyme and water. Bring to a simmer. Lower the heat, partially cover so that some steam escapes, and cook on a low simmer for several hours, while the turkey (or chicken) is cooking.
- ☐ Strain the stock, mince the giblet meat: Once the bird is close to being done, strain the giblets and stock through a fine mesh sieve into a bowl. Set aside the stock.

- ☐ Remove the giblets from the sieve. Finely mince the giblet meat. If you want, you can pull some of the meat off of the neck and mince that as well.
- ☐ Add flour or cornstarch to roast drippings: Once the bird is done, move it to a cutting board to let it rest.
- ☐ Pour off the excess fat (all but a tablespoon or two) from the roasting pan. Set the roasting pan over two burners of the stovetop set over medium heat.
- ☐ Add the flour (or cornstarch slurry) and whisk it into the drippings. Stir in the minced giblets.
- ☐ Let cook for a few minutes, stirring while cooking.
- ☐ Add stock and minced giblets:
- ☐ Add the strained giblet stock to the pan drippings and giblets and mix well to combine. Bring to a boil and stir constantly until the gravy thickens, about 2–3 minutes.
- ☐ Add 1–2 teaspoons of mustard (to taste). Check for salt and add more salt to taste if needed.
- ☐ Serve it as-is, or purée the gravy in a blender for a smoother texture.

Nutrition Facts



Properties

Glycemic Index:72.61, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:13.345652093058%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 212.02kcal (10.6%), Fat: 11.26g (17.32%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 11.53g (4.19%), Sugar: 3.6g (4%), Cholesterol: 66.85mg (22.28%), Sodium: 392.25mg (17.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.51g (29.02%), Vitamin A: 4055.07IU (81.1%), Vitamin B6: 0.51mg (25.54%), Vitamin B3: 5.07mg (25.33%), Selenium: 14.91µg (21.3%), Phosphorus: 149.16mg (14.92%), Vitamin B12: 0.88µg (14.71%), Vitamin K: 14.4µg (13.72%), Manganese: 0.21mg (10.48%), Vitamin B2: 0.17mg (10.04%), Potassium: 345.59mg (9.87%), Zinc: 1.39mg (9.23%), Copper: 0.17mg (8.33%), Fiber: 2.08g (8.32%), Vitamin C: 6.75mg (8.18%), Magnesium: 31.59mg (7.9%), Folate: 29.23µg (7.31%), Iron: 1.31mg (7.3%), Vitamin B5: 0.72mg

(7.25%), Calcium: 59.61mg (5.96%), Vitamin B1: 0.08mg (5.55%), Vitamin E: 0.5mg (3.35%), Vitamin D: 0.19µg (1.26%)