



WHATShEATE



Gravy

READY IN



45 min.

SERVINGS



6

CALORIES



600 kcal

SAUCE

Ingredients

- ☐ 1 bay leaves
- ☐ 1 large carrots peeled chopped
- ☐ 1 celery stalks chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 1 large onion chopped
- ☐ 4 sprigs parsley
- ☐ 1 cups deli turkey
- ☐ 4 sprigs thyme leaves
- ☐ 1 reserved turkey neck and giblets

- ☐ 6 cups turkey stock
- ☐ 3.5 pounds turkey wings
- ☐ 0.3 cup butter unsalted
- ☐ 12 peppercorns whole

Equipment

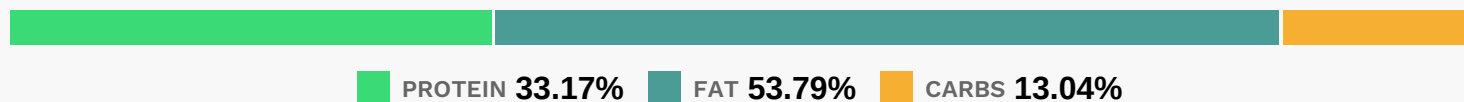
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Start with Turkey Stock
- ☐ Great gravy begins with this Make-Ahead
- ☐ Turkey Stock. If you want to make one from scratch, do it now (or anytime, for that matter, since turkey wings are available year-round). In a pinch, store-bought stock will work.
- ☐ Preheat oven to 450°F. Arrange 3 1/2 pound turkey wings and 1 turkey neck (optional) on a rimmed baking sheet and roast, turning turkey halfway through, until golden brown, about 45 minutes.
- ☐ Transfer wings and neck to a stockpot.
- ☐ Pour off fat from baking sheet; discard.
- ☐ Pour 2 cups water onto baking sheet. Scrape up any browned bits with a wooden spoon.
- ☐ Pour liquid from sheet into pot with turkey.
- ☐ Add 1 chopped large onion, 1 peeled and chopped large carrot, 1 chopped celery stalk, 4 sprigs parsley, 4 sprigs thyme, 12 whole peppercorns, 1 bay leaf, and 10 cups water. Bring to a simmer; reduce heat to low and simmer gently until stock is reduced by at least one-third, about 4 hours.

- ☐ Strain stock through a fine-mesh sieve into a clean saucepan. If you have more than 6 cups stock, simmer uncovered over medium heat until reduced to 6 cups.
- ☐ Let cool.
- ☐ Pour stock into an airtight container; cover and chill. DO AHEAD: Stock can be made 3 days ahead. Keep chilled. Stock can also be frozen for up to 3 months.
- ☐ Make a True Roux
- ☐ Roux is simply butter or oil cooked with flour. It's used for thickening sauces, and it's what makes this gravy silky-smooth.
- ☐ Melt 1/3 cup unsalted butter in a small skillet over medium heat.
- ☐ Whisk in 1/3 cup all-purpose flour. Reduce heat to low; whisk until roux is golden brown, about 2 minutes. DO AHEAD: Roux can be made 2 days ahead.
- ☐ Let cool, cover, and chill.
- ☐ Add the drippings
- ☐ Browned bits left in the bottom of the pan after roasting the turkey give body, richness, and roasty flavor to the gravy.
- ☐ Bring 6 cups Make-Ahead Turkey Stock to a boil in a large saucepan over medium heat.
- ☐ Add 1-2 cups skimmed and strained roast turkey drippings. (If you're short on drippings, skim fat from pan and add 1-2 cups water. Scrape up browned bits with a wooden spoon; strain liquid into stock.) Season to taste with kosher salt and freshly ground black pepper.
- ☐ Whisk in roux. Reduce heat to low; simmer gently for 5 minutes for gravy to thicken and flavors to meld. You're done!
- ☐ This classic gravy needs no embellishment. But if you're feeling a bit cheffy, it's easy to add another level of flavor with one of these tweaks. For every 6 cups of gravy:
 - option 1 Reduce 1 1/2 cups dry white wine in a small saucepan to 1 cup; stir into gravy.
 - option 2
 - option 3
- ☐ Add 1 1/2 tablespoons
- ☐ Worcestershire sauce and 1 tablespoon plus 1 teaspoon reduced-sodium soy sauce.
- ☐ Add 1 cup plus 2 tablespoons apple cider and simmer for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:48.31, Glycemic Load:4.8, Inflammation Score:-9, Nutrition Score:21.589564966119%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 599.92kcal (30%), Fat: 35.34g (54.37%), Saturated Fat: 13.17g (82.3%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 18.15g (6.6%), Sugar: 6.08g (6.75%), Cholesterol: 171.12mg (57.04%), Sodium: 918.05mg (39.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.04g (98.09%), Selenium: 47.59µg (67.99%), Vitamin B3: 12.18mg (60.89%), Vitamin A: 2439.99IU (48.8%), Phosphorus: 471.7mg (47.17%), Vitamin B6: 0.93mg (46.3%), Vitamin B2: 0.45mg (26.67%), Potassium: 852.53mg (24.36%), Zinc: 3.56mg (23.74%), Iron: 3.77mg (20.94%), Copper: 0.4mg (19.9%), Vitamin B1: 0.25mg (16.49%), Magnesium: 64.92mg (16.23%), Vitamin K: 14.52µg (13.83%), Vitamin B12: 0.72µg (11.93%), Folate: 45.98µg (11.5%), Vitamin B5: 1.1mg (11.01%), Manganese: 0.17mg (8.38%), Vitamin C: 5.01mg (6.08%), Calcium: 54.98mg (5.5%), Fiber: 1.13g (4.52%), Vitamin E: 0.46mg (3.07%), Vitamin D: 0.19µg (1.26%)