



Make-ahead gravy

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



231 kcal

SAUCE

Ingredients

- ☐ 1 kg chicken wing with kitchen scissors halved
- ☐ 8 servings the turkey neck cut into pieces
- ☐ 3 large carrots chopped
- ☐ 2 onions unpeeled chopped
- ☐ 3 celery stalks chopped
- ☐ 1 small handful thyme sprigs
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 2 tsp golden caster sugar

- ☐ 1 tbsp tomato purée
- ☐ 4 tbsp flour plain
- ☐ 4 tbsp balsamic vinegar
- ☐ 1 vegetable stock cube

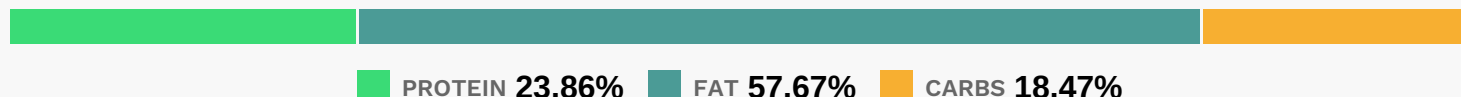
Equipment

- ☐ oven
- ☐ sieve
- ☐ potato masher

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Tip the chicken wings into a roomy roasting tin with the turkey neck (if using), carrots, onions, celery and thyme. Scatter over the sugar, toss in the oil and roast for 50 mins until brown and lightly charred.
- ☐ Get the kettle on.
- ☐ Put the roasting tin on a low heat, stir in the tomato pure and flour, and cook until sticky. Splash in the balsamic vinegar, then pour over 1.5 litres water to just cover all the ingredients. Bring to a simmer. Crumble in the stock cube and use a potato masher to mash all the ingredients together to release the flavour.
- ☐ Simmer everything for 20 mins until you have a tasty thickened gravy, then strain it through a sieve, pushing down hard on all the mushy veg. Cool and chill for up to 3 days, or freeze for up to 3 months.
- ☐ Heat the gravy to serve, adding roasting juices from your turkey, if you like.

Nutrition Facts



Properties

Glycemic Index:34.48, Glycemic Load:4.19, Inflammation Score:-10, Nutrition Score:11.115217373423%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 230.64kcal (11.53%), Fat: 14.6g (22.47%), Saturated Fat: 3.41g (21.33%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 9.1g (3.31%), Sugar: 4.58g (5.09%), Cholesterol: 53.13mg (17.71%), Sodium: 160.25mg (6.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.19%), Vitamin A: 4633.7IU (92.67%), Vitamin B3: 4.61mg (23.03%), Selenium: 12.21µg (17.45%), Vitamin B6: 0.32mg (15.81%), Vitamin E: 1.87mg (12.47%), Phosphorus: 115.02mg (11.5%), Potassium: 260.66mg (7.45%), Zinc: 1.09mg (7.25%), Vitamin B5: 0.66mg (6.63%), Manganese: 0.13mg (6.52%), Vitamin B1: 0.09mg (6.25%), Vitamin B2: 0.11mg (6.24%), Iron: 1.09mg (6.04%), Fiber: 1.41g (5.66%), Vitamin C: 4.56mg (5.53%), Magnesium: 20.97mg (5.24%), Folate: 20.79µg (5.2%), Vitamin K: 4.38µg (4.17%), Vitamin B12: 0.23µg (3.89%), Copper: 0.07mg (3.34%), Calcium: 28.43mg (2.84%)