



Make-Ahead Turkey Gravy

READY IN



180 min.

SERVINGS



3

CALORIES



1064 kcal

SAUCE

Ingredients

- ☐ 1 bay leaves
- ☐ 3 servings pepper black freshly ground
- ☐ 1 teaspoon peppercorns whole black
- ☐ 1 medium carrots cut into 3 pieces
- ☐ 2 medium celery stalks cut into 3 pieces
- ☐ 1.5 cups wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 3 servings kosher salt
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup shallots finely chopped (from 1 medium shallot)
- ☐ 5 thyme sprigs fresh
- ☐ 2 turkey legs
- ☐ 4 tablespoons butter unsalted ()
- ☐ 6 cups water
- ☐ 1 medium onion yellow quartered

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ wooden spoon
- ☐ measuring cup
- ☐ tongs

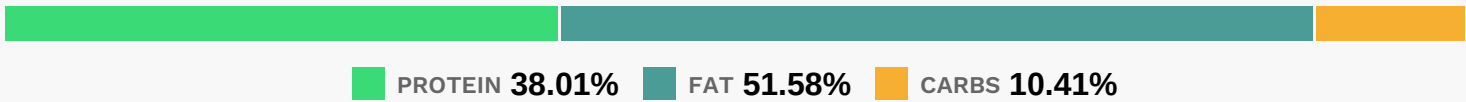
Directions

- ☐ Heat the oil in a large, wide pot over medium-high heat until shimmering.
- ☐ Add the turkey legs and cook, turning occasionally, until a brown crust forms on the bottom of the pot and the legs are browned all over, about 10 minutes.
- ☐ Add 3/4 cup of the wine and cook, scraping up the browned bits from the bottom of the pot with a wooden spoon, until the alcohol smell has burned off, about 1 minute.
- ☐ Add the celery, carrot, onion, thyme, peppercorns, and bay leaf.
- ☐ Pour in the water, increase the heat to high, and bring to a simmer. Reduce the heat to low and simmer until the stock has a distinct turkey flavor, about 2 hours.
- ☐ Remove the pot from the heat. Using tongs, remove any large bone and vegetable pieces and discard. Set a fine-mesh strainer over a large heatproof measuring cup or bowl with a spout and pour in the stock. Discard the solids in the strainer. Set the stock aside. (You should have

about 4 to 4 1/2 cups.)Melt the butter in a large frying pan over medium heat.

- ☐
- Add the shallots, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes.
- ☐
- Add the remaining 3/4 cup of wine and bring to a boil. Cook, stirring occasionally, until the wine is reduced by two-thirds, about 3 minutes.
- ☐
- Sprinkle in the flour and cook, whisking occasionally, until the raw flour flavor has cooked off, about 2 minutes.While whisking, slowly pour in the reserved turkey stock and whisk until incorporated and the mixture is smooth. Season with salt and pepper and bring to a simmer. Cook, whisking constantly, until the gravy thickens and the flavors meld, about 8 to 10 minutes. Taste and season with additional salt and pepper as needed.If not serving immediately, transfer to a container with a tightfitting lid and let cool to room temperature. Cover and refrigerate up to 4 days. To reheat, place the gravy in a medium saucepan over low heat, whisking occasionally, until hot, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:111.61, Glycemic Load:10.89, Inflammation Score:-10, Nutrition Score:43.731738966444%

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: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 1063.51kcal (53.18%), Fat: 55.15g (84.85%), Saturated Fat: 20.26g (126.61%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 21.94g (7.98%), Sugar: 5.83g (6.48%), Cholesterol: 360.71mg (120.24%), Sodium: 581.35mg (25.28%), Alcohol: 12.36g (100%), Alcohol %: 1.33% (100%), Protein: 91.43g (182.86%), Selenium: 124.82µg (178.32%), Zinc: 14.53mg (96.85%), Vitamin B6: 1.78mg (88.88%), Phosphorus: 878.71mg (87.87%), Vitamin A: 3980.49IU (79.61%), Vitamin B3: 14.62mg (73.08%), Vitamin B2: 1.08mg (63.82%), Iron: 9.71mg (53.94%), Vitamin B5: 5.27mg (52.69%), Potassium: 1581.81mg (45.19%), Copper: 0.82mg (41.13%), Manganese: 0.72mg (36.14%),

Vitamin B1: 0.51mg (34.18%), Magnesium: 132.29mg (33.07%), Vitamin B12: 1.79µg (29.88%), Folate: 94.13µg (23.53%), Calcium: 148.44mg (14.84%), Vitamin K: 13.83µg (13.18%), Vitamin E: 1.96mg (13.07%), Fiber: 3.09g (12.36%), Vitamin C: 8.78mg (10.65%), Vitamin D: 0.28µg (1.87%)