



WHATSheATE

Make-Ahead Turkey Gravy

READY IN



355 min.

SERVINGS



4

CALORIES



195 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 cup butter
- ☐ 1 carrots chopped
- ☐ 1 stalk celery chopped
- ☐ 0.3 ounce porcini mushrooms dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 garlic cloves
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 tablespoons heavy cream

- ☐ 1 onion chopped
- ☐ 4 reserved turkey neck and giblets
- ☐ 2 teaspoons vegetable oil
- ☐ 1 cup water hot

Equipment

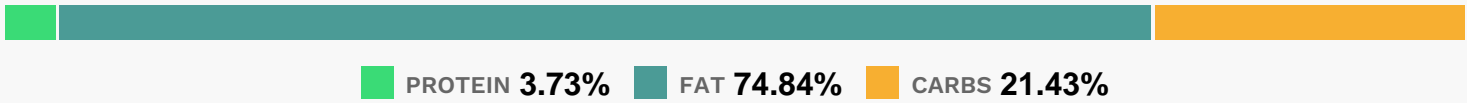
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat vegetable oil in a large stockpot over medium-high heat. Brown turkey necks in hot oil, about 6 minutes per side.
- ☐ Add the onion, celery, and carrots; cook until the vegetables begin to soften and brown, 5 to 10 minutes.
- ☐ Pour in the Marsala wine, and scrape and dissolve any browned meat and vegetable bits off the bottom of the pan. Raise heat to high; cook until liquid is reduced by half.
- ☐ Stir in 2 quarts of cold water, bay leaf, garlic cloves, and 1/4 ounce dried porcini mushrooms. Bring to a simmer, and turn heat to low. As stock simmers, skim and discard any foam that comes to the top. Cover partially, and simmer on very low heat for 4-5 hours. Strain out solids, and set broth aside to cool.
- ☐ In a bowl, cover 1/4 ounce dried porcini with 1 cup hot water; allow to rehydrate for 10 minutes.
- ☐ Remove mushrooms from water, and chop fine.
- ☐ Heat 1/4 cup butter in a large saucepan over medium heat, and brown mushrooms, about 10 minutes. Stir flour into mushrooms and butter, and cook over medium heat, stirring constantly, for 3 minutes.
- ☐ Whisk in broth, about 1/2 cup at a time, and raise heat to medium high; bring gravy to a boil.

Reduce heat to a simmer, and cook gravy until reduced and thickened, about 30 minutes. Stir often. Just before serving, stir in cream, and season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:73.21, Glycemic Load:4.36, Inflammation Score:-9, Nutrition Score:7.0386955789898%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 195.3kcal (9.77%), Fat: 16.69g (25.68%), Saturated Fat: 9.41g (58.84%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 9.28g (3.38%), Sugar: 2.32g (2.58%), Cholesterol: 40.13mg (13.38%), Sodium: 118.78mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin A: 3060.57IU (61.21%), Vitamin K: 10.63µg (10.12%), Manganese: 0.17mg (8.36%), Copper: 0.14mg (6.92%), Folate: 25.79µg (6.45%), Fiber: 1.47g (5.89%), Vitamin B5: 0.57mg (5.65%), Vitamin B2: 0.1mg (5.6%), Selenium: 3.79µg (5.41%), Vitamin B6: 0.11mg (5.35%), Vitamin B1: 0.08mg (5.34%), Vitamin E: 0.72mg (4.81%), Potassium: 167.49mg (4.79%), Vitamin C: 3.83mg (4.64%), Vitamin B3: 0.87mg (4.34%), Phosphorus: 38.83mg (3.88%), Calcium: 30.13mg (3.01%), Magnesium: 11.38mg (2.85%), Iron: 0.48mg (2.68%), Zinc: 0.36mg (2.41%), Vitamin D: 0.19µg (1.28%)