



## Make-Ahead Turkey Gravy

READY IN



355 min.

SERVINGS



4

CALORIES



227 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

- 0.3 cup marsala wine
- 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

**PROTEIN 3.61%** **FAT 70.91%** **CARBS 25.48%**

### Properties

Glycemic Index:73.21, Glycemic Load:4.36, Inflammation Score:-9, Nutrition Score:7.219999930133%

### Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg 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: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

### Nutrients (% of daily need)

Calories: 227.3kcal (11.37%), Fat: 16.69g (25.68%), Saturated Fat: 9.41g (58.84%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 12.02g (4.37%), Sugar: 3.88g (4.31%), Cholesterol: 40.13mg (13.38%), Sodium: 120.58mg (5.24%), Alcohol: 3.06g (100%), Alcohol %: 2.34% (100%), Protein: 1.91g (3.82%), Vitamin A: 3060.57IU (61.21%), Vitamin K: 10.63µg (10.12%), Manganese: 0.19mg (9.55%), Copper: 0.15mg (7.37%), Folate: 25.79µg (6.45%), Fiber: 1.47g (5.89%), Vitamin B2: 0.1mg (5.81%), Vitamin B5: 0.57mg (5.72%), Vitamin B1: 0.08mg (5.58%), Selenium: 3.89µg (5.55%), Vitamin B6: 0.11mg (5.35%), Potassium: 185.89mg (5.31%), Vitamin E: 0.72mg (4.81%), Vitamin C: 3.83mg (4.64%), Vitamin B3: 0.91mg (4.55%), Phosphorus: 40.63mg (4.06%), Magnesium: 13.18mg (3.3%), Calcium: 31.73mg (3.17%), Iron: 0.53mg (2.94%), Zinc: 0.38mg (2.5%), Vitamin D: 0.19µg (1.28%)