

Make-Ahead Turkey Gravy







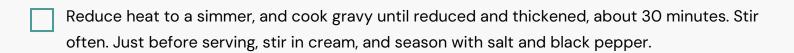


Ingredients

Ш	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.



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, Malvidin: 18.97mg, Malvidin: 1.97mg, Catechin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, 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: 3060.57lU (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%)