



Porcini Mushroom Turkey with Mushroom Gravy



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 5 teaspoons cornstarch
- ☐ 1 pound crimini mushrooms sliced
- ☐ 1 ounce porcini mushrooms dried
- ☐ 1 cup cooking wine dry white
- ☐ 1 teaspoon mint leaves fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped

- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 10 parsley sprigs fresh italian
- ☐ 6 rosemary sprigs fresh
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons shallots chopped
- ☐ 6 thyme sprigs fresh
- ☐ 14 pound turkey dry rinsed for shortcut turkey stock
- ☐ 2 cups shortcut turkey stock
- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

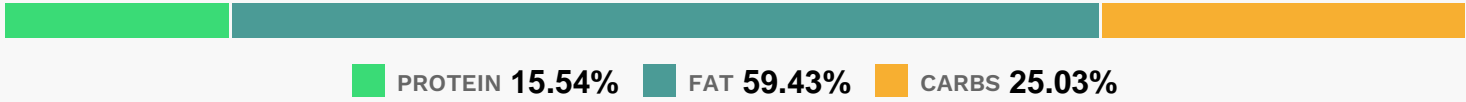
Directions

- ☐ Place porcini in small bowl; add 1 cup boiling water.
- ☐ Let stand until softened, at least 30 minutes and up to 2 hours.
- ☐ Drain mushrooms, reserving soaking liquid. Chop mushrooms.

- ☐ Transfer half of chopped mushrooms (about 1/3 cup) to small bowl; reserve for gravy.
- ☐ Chop garlic finely in processor.
- ☐ Add butter and next 6 ingredients, then remaining porcini. Blend to coarse paste. DO AHEAD: Can be made 2 days ahead.
- ☐ Transfer to bowl. Cover and chill mushroom butter, reserved chopped porcini, and mushroom liquid separately. TRUE GRIT: When using the porcini soaking liquid, pour it off slowly so that any grit or sediment at the bottom remains in the bowl.
- ☐ *Dried porcini are available at supermarkets, specialty foods stores, and Italian markets.
- ☐ Set rack at lowest position in oven and preheat to 325°F.
- ☐ Sprinkle main turkey cavity with salt and pepper.
- ☐ Spread with 2 tablespoons mushroom butter. Starting at neck end of turkey, carefully slide hand between skin and meat of breast, thighs, and upper drumsticks to loosen skin.
- ☐ Spread mushroom butter over thighs and drumsticks, then over breast meat under skin. Fill main cavity with herb sprigs. Tie legs together loosely to hold shape. Tuck wing tips under.
- ☐ Place turkey on rack set in large roasting pan. Rub outside of turkey all over with oil; sprinkle with salt and pepper.
- ☐ Pour 2 cups stock into pan. Roast turkey until thermometer inserted into thickest part of thigh registers 165°F to 170°F, about 3 hours. Tilt turkey so juices from main cavity run into pan.
- ☐ Transfer turkey to platter. Tent very loosely with foil; let rest at least 30 minutes (internal temperature will rise 5 to 10 degrees). Reserve pan.
- ☐ Scrape juices and browned bits from reserved roasting pan into large glass measuring cup. Spoon off fat, reserving 3 tablespoons.
- ☐ Heat reserved 3 tablespoons fat in heavy large skillet over medium-high heat.
- ☐ Add crimini mushrooms, garlic, and shallot. Sauté until mushrooms are tender, about 6 minutes.
- ☐ Transfer mushrooms to bowl and set aside.
- ☐ Add wine to skillet. Boil until reduced to 1/2 cup, about 3 minutes.
- ☐ Add reserved 1/3 cup chopped porcini mushrooms, reserved mushroom soaking liquid (leaving any sediment behind), 2 cups stock, and degreased pan juices. Bring to boil. Reduce heat to medium-low and simmer to reduce slightly, about 10 minutes.
- ☐ Add cream and crimini mushrooms to skillet.

- ☐ Mix 2 tablespoons water and cornstarch in small bowl until smooth.
- ☐ Whisk into gravy. Continue to simmer until reduced to desired consistency, whisking occasionally, about 5 minutes.
- ☐ Mix in parsley and mint. Season gravy to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.31, Inflammation Score:-9, Nutrition Score:17.411304370217%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 4.52mg, Apigenin: 4.52mg, Apigenin: 4.52mg, Apigenin: 4.52mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 434.83kcal (21.74%), Fat: 27.97g (43.03%), Saturated Fat: 14.04g (87.73%), Carbohydrates: 26.5g (8.83%), Net Carbohydrates: 25.57g (9.3%), Sugar: 10.62g (11.8%), Cholesterol: 69.97mg (23.32%), Sodium: 1116.35mg (48.54%), Alcohol: 2.06g (100%), Alcohol %: 0.39% (100%), Protein: 16.45g (32.9%), Vitamin B3: 10.86mg (54.29%), Vitamin B2: 0.75mg (44.31%), Vitamin K: 38.72µg (36.87%), Selenium: 24.34µg (34.78%), Copper: 0.64mg (32.07%), Potassium: 872.62mg (24.93%), Phosphorus: 229.66mg (22.97%), Vitamin B6: 0.45mg (22.6%), Vitamin A: 911.02IU (18.22%), Vitamin B1: 0.25mg (16.86%), Folate: 48.16µg (12.04%), Vitamin B5: 1.19mg (11.89%), Iron: 1.89mg (10.52%), Zinc: 1.54mg (10.29%), Magnesium: 37.21mg (9.3%), Manganese: 0.17mg (8.7%), Vitamin C: 6.36mg (7.71%), Vitamin E: 1.04mg (6.94%), Calcium: 54.82mg (5.48%), Vitamin D: 0.66µg (4.4%), Fiber: 0.93g (3.73%), Vitamin B12: 0.09µg (1.56%)