



Rich and Silky Turkey Gravy

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



56 kcal

SAUCE

Ingredients

- ☐ 2 bay leaves
- ☐ 4 the following: parmesan rind) dried
- ☐ 0.3 cup flour all-purpose
- ☐ 10 servings kosher salt
- ☐ 2 teaspoons konnyaku powder
- ☐ 2 tablespoons madeira wine
- ☐ 4 tablespoons butter unsalted

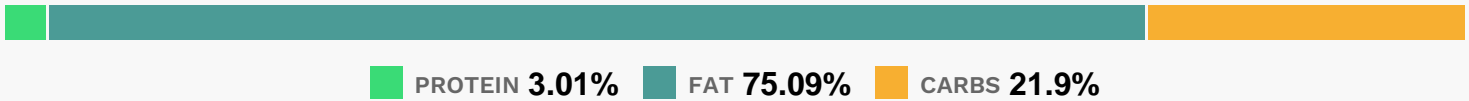
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Good gravy begins with goodstock. At least one day (and upto four days) before the feast,make your own rich turkeystock. (For a recipe, see Do-Ahead Turkey Stock; in a pinch, you can usestore-bought low-salt chickenbroth, but the results withhomemade are incomparable.)When you're ready to make thegravy, bring 4 cups stock to aboil in a medium pot.
- ☐ Removefrom heat; keep warm.
- ☐ Melt 4 tablespoons unsalted butteror turkey fat in a large heavysaucepan over medium heat.
- ☐ Whisk in 1/4 cup all-purposeflour and cook, whisking, for1 minute. The roux will becomesmooth and golden brown.Keep whisking! Within 2–3minutes it will be the color ofcafé au lait and smell slightlytoasted. Gradually whisk in thewarm turkey stock, bring to aboil, then lower the heat so thegravy's at a bare simmer.
- ☐ Now, for an herbaceous kick,add 2 bay leaves or 1 sprigthyme. For an umami boost, stirin 4 dried porcini mushroomsor 2 teaspoons porcini powder alongwith 2 tablespoons Madeira. Withor without these upgrades, letgravy simmer until reduced byhalf, then remove herbs ormushrooms with a slottedspoon. Season with kosher saltand serve. Or keep the gravywarm until the turkey is finishedand take it one step further...
- ☐ Transfer the turkey to a cuttingboard and strain the drippingsfrom the pan into a measuringcup. Skim the fat; add enoughwater to measure 1 cup.
- ☐ Placethe pan across two burners seton medium-high heat.
- ☐ Add thedrippings mixture and deglazethe pan, stirring and scraping upany browned bits with a woodenspoon. Strain into the gravy;simmer until slightly thickened,10 minutes. Season to taste withsalt and serve.

Nutrition Facts



Properties

Glycemic Index:18.2, Glycemic Load:1.94, Inflammation Score:-1, Nutrition Score:1.2060869698129%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 55.66kcal (2.78%), Fat: 4.58g (7.04%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.87g (1.04%), Sugar: 0.05g (0.05%), Cholesterol: 12.04mg (4.01%), Sodium: 279.48mg (12.15%), Alcohol: 0.31g (100%), Alcohol %: 2.91% (100%), Protein: 0.41g (0.82%), Calcium: 49.42mg (4.94%), Vitamin A: 141.18IU (2.82%), Phosphorus: 23.99mg (2.4%), Selenium: 1.31µg (1.86%), Vitamin B1: 0.03mg (1.74%), Folate: 6.6µg (1.65%), Manganese: 0.03mg (1.6%), Iron: 0.26mg (1.44%), Vitamin B2: 0.02mg (1.35%), Copper: 0.03mg (1.32%), Vitamin B3: 0.25mg (1.23%), Vitamin B5: 0.11mg (1.09%)