



## Rich Turkey Gravy

READY IN



300 min.

SERVINGS



8

CALORIES



172 kcal

SAUCE

### Ingredients

- 0.8 cup flour all-purpose
- 8 servings bacon with pan juices from a roast turkey ( 14 lb)
- 9 cups turkey stock hot
- 1 butter unsalted melted

### Equipment

- bowl
- frying pan
- sauce pan

- whisk
- sieve
- roasting pan

## Directions

- Pour pan juices through a fine-mesh sieve into a 2-quart glass measure (do not clean roasting pan), then skim off fat and reserve. (If using a fat separator, pour pan juices through sieve into separator and let stand until fat rises to top, 1 to 2 minutes. Carefully pour pan juices from separator into a 2-quart measure, and reserve fat left in separator.) If there is less than 1/2 cup reserved fat, add melted butter.
- Add enough turkey stock to pan juices to total 8 cups liquid (2 quarts). Straddle roasting pan across 2 burners, then add 1 cup of remaining stock and deglaze pan by boiling over high heat, stirring and scraping up brown bits, about 1 minute.
- Pour through fine-mesh sieve into glass measure with stock.
- Whisk together reserved fat and flour in a 4-quart heavy saucepan and cook roux over moderately low heat, whisking, 5 minutes.
- Add hot stock with pan juices in a stream, whisking constantly to prevent lumps, then bring to a boil, whisking. Stir in any turkey juices accumulated on platter and simmer gravy 1 minute. Season with salt and pepper.
- Gravy can be thickened using cornstarch instead of a roux. Discard fat from pan juices. Cool 1 cup of stock (uncovered) or bring to room temperature. Stir the 1 cup stock into 1/2 cup plus 1 tablespoon cornstarch in a bowl until cornstarch is dissolved.
- Pour 8 cups stock with pan juices (see recipe, above) plus deglazed pan drippings into a 4-quart heavy saucepan and heat over high heat until hot. Stir cornstarch mixture, then add to hot stock in a stream, whisking constantly. Bring gravy to a boil, whisking constantly, then stir in any turkey juices from platter and boil gravy, whisking, 1 minute. Season with salt and pepper.

## Nutrition Facts



**PROTEIN 24.53%** **FAT 31.47%** **CARBS 44%**

## Properties

Glycemic Index:9.38, Glycemic Load:6.47, Inflammation Score:-2, Nutrition Score:6.6952173910711%

## Nutrients (% of daily need)

Calories: 172.13kcal (8.61%), Fat: 5.87g (9.03%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 18.14g (6.6%), Sugar: 4.24g (4.71%), Cholesterol: 15.18mg (5.06%), Sodium: 498.46mg (21.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.29g (20.58%), Vitamin B3: 5.63mg (28.16%), Selenium: 13.38µg (19.11%), Vitamin B2: 0.3mg (17.67%), Vitamin B1: 0.22mg (14.96%), Phosphorus: 111.71mg (11.17%), Vitamin B6: 0.2mg (10.25%), Potassium: 326.97mg (9.34%), Folate: 34.76µg (8.69%), Copper: 0.17mg (8.4%), Iron: 1.17mg (6.5%), Zinc: 0.67mg (4.46%), Manganese: 0.08mg (4.07%), Magnesium: 15.4mg (3.85%), Vitamin B5: 0.13mg (1.3%), Vitamin B12: 0.08µg (1.28%), Fiber: 0.32g (1.27%), Calcium: 10.54mg (1.05%)