



WHATSheATE

Turkey Giblet Gravy



Dairy Free

READY IN



175 min.

SERVINGS



11

CALORIES



381 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon peppercorns whole black
- ☐ 1 tablespoon canola oil
- ☐ 1 medium carrots quartered
- ☐ 1 stalk celery quartered
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 sprig rosemary fresh

- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 1 teaspoon sage fresh finely chopped
- ☐ 0.5 teaspoon thyme leaves fresh finely chopped
- ☐ 2 sprigs thyme leaves fresh
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 1 small onion quartered
- ☐ 1 tablespoon potato flour
- ☐ 1 turkey backbone cut in half
- ☐ 1 set giblets
- ☐ 1 turkey neck cut in half
- ☐ 6 cups water

Equipment

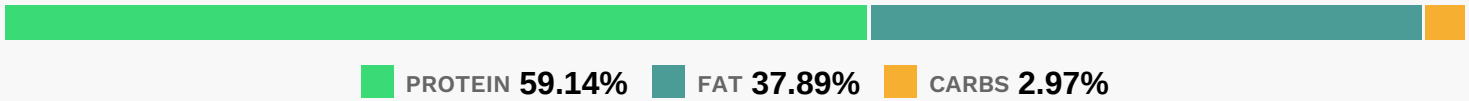
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ Heat the oil in a 6 1/2-quart stockpot over medium heat until it shimmers.
- ☐ Add the neck and backbone and saute 5 to 6 minutes or until browned.
- ☐ Add the giblets, onion, carrot, celery and kosher salt. Cook, stirring occasionally, until vegetables are softened, 4 to 5 minutes.
- ☐ Pour in the water and add the thyme, rosemary, bay leaf and black peppercorns.
- ☐ Cover and bring to a boil over high heat. Uncover, reduce heat to low and simmer for 1 1/2 hours or until the stock reduces to 3 cups.
- ☐ Strain the stock through a fine mesh strainer and cool slightly. Discard all solids but the giblets. Chop the giblets and set aside.
- ☐ Place 2 cups of the giblet stock in a 4-quart saucier over medium heat.

- ☐ Combine 1/2 cup of cool stock with the all-purpose flour in a jar with a tightly fitted lid. Shake vigorously until starch dissolves and no lumps remain.
- ☐ Gradually add the flour slurry to stock, whisking constantly. Bring to a boil and cook for 3 to 4 minutes or until thickened slightly.
- ☐ Combine the remaining 1/2 cup of cool stock with the potato starch in the lidded jar and shake vigorously until the starch dissolves and no lumps remain.
- ☐ Turn off the heat, remove the saucier from the burner and whisk until the liquid temperature decreases to 190 degrees F. Return to low heat and whisk in the potato starch slurry, rosemary, sage, thyme, salt and pepper. Simmer for about 5 minutes to heat through and thicken, then season with additional salt and pepper, if desired.
- ☐ Add the chopped giblets and stir to combine. Keep warm in a thermos until ready to serve.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:0.77, Inflammation Score:-10, Nutrition Score:33.03391311998%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 381.17kcal (19.06%), Fat: 15.68g (24.12%), Saturated Fat: 3.86g (24.12%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.21g (0.81%), Sugar: 0.75g (0.84%), Cholesterol: 242.57mg (80.86%), Sodium: 570.9mg (24.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.06g (110.12%), Vitamin B3: 19.95mg (99.76%), Vitamin B12: 5.76µg (95.92%), Selenium: 61.15µg (87.36%), Vitamin A: 4002.79IU (80.06%), Vitamin B6: 1.57mg (78.72%), Phosphorus: 485.84mg (48.58%), Copper: 0.9mg (44.83%), Vitamin B2: 0.76mg (44.44%), Zinc: 4.95mg (33.02%), Vitamin B5: 2.81mg (28.08%), Folate: 95.05µg (23.76%), Iron: 3.53mg (19.59%), Potassium: 621.66mg (17.76%), Magnesium: 68.59mg (17.15%), Vitamin B1: 0.16mg (10.73%), Manganese: 0.18mg (8.91%), Vitamin D: 0.88µg (5.87%), Calcium: 43.53mg (4.35%), Vitamin E: 0.54mg (3.62%), Vitamin K: 3.55µg (3.38%), Fiber: 0.55g (2.21%), Vitamin C: 1.38mg (1.68%)