



Turkey Potpie

READY IN



240 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 medium carrots coarsely chopped
- ☐ 2 medium carrots halved lengthwise cut into 1/4-inch-thick pieces
- ☐ 2 rib celery coarsely chopped
- ☐ 1 celery rib halved lengthwise cut into 1/2-inch pieces
- ☐ 1 large egg white
- ☐ 0.3 cup flour all-purpose
- ☐ 0.7 cup flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh finely chopped

- ☐ 2 garlic cloves chopped
- ☐ 2 garlic cloves smashed
- ☐ 3 tablespoons ice water
- ☐ 1 medium leek coarsely chopped
- ☐ 10 ounces mushrooms trimmed quartered
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion
- ☐ 1 cup peas frozen thawed
- ☐ 8 ounces potatoes boiling peeled cut into 1/2-inch pieces
- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1.3 pounds turkey parts dark (1 leg and 1 thigh)
- ☐ 1 turkish or
- ☐ 2 tablespoons butter unsalted
- ☐ 3 tablespoons cornmeal yellow stone-ground (preferably ; not coarse)

Equipment

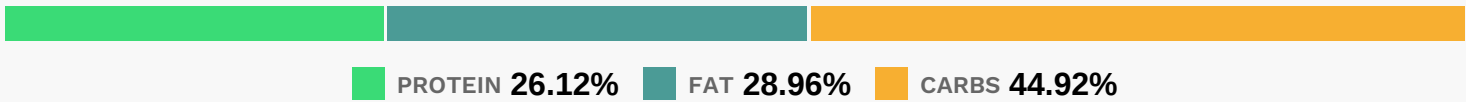
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin
- ☐ cutting board

Directions

- ☐ Wash chopped leek well in a bowl of cold water, agitating it, then lift out and drain well.
- ☐ Bring all stock ingredients to a boil in a 4- to 5-quart saucepan, skimming froth, then reduce heat and gently simmer, partially covered, until reduced to about 4 cups, about 1 1/4 hours.
- ☐ Pour stock through a large sieve into a bowl.
- ☐ Transfer turkey to a cutting board to cool. Discard remaining solids.
- ☐ When meat is cool enough to handle, coarsely shred from bone, discarding skin, and set aside.
- ☐ Blend together flour, cornmeal, butter, and salt in a bowl with your fingertips or a pastry blender (or pulse in a food processor) until most of the mixture resembles coarse meal with some roughly pea-size butter lumps.
- ☐ Drizzle evenly with 3 tablespoons ice water and gently stir with a fork (or pulse in processor) until incorporated.
- ☐ Squeeze a small handful: If it doesn't hold together, add more ice water, 1 tablespoon at a time, stirring (or pulsing) until just incorporated, then test again. (Do not overwork, or pastry will be tough.)
- ☐ Turn out mixture onto a lightly floured surface and divide into 2 portions. With heel of your hand, smear each portion once or twice in a forward motion to help distribute fat. Gather dough together with scraper and press into a ball, then flatten into a 3-inch disk. Chill dough, wrapped tightly in plastic wrap, until firm, at least 1 hour.
- ☐ Heat oil in a 12-inch heavy nonstick skillet over moderately high heat until hot but not smoking, then saut onion, carrots, and celery, stirring occasionally, until golden, about 10 minutes.
- ☐ Add mushrooms, potatoes, and garlic and saut, stirring, until vegetables are crisp-tender, about 10 minutes.
- ☐ Remove from heat and stir in turkey, peas, and thyme.
- ☐ Transfer filling to a 3- to 3 1/2-quart glass or ceramic baking dish.
- ☐ Reheat stock in a 2- to 3-quart saucepan over moderate heat.
- ☐ Transfer about 1/2 cup hot stock to a small bowl and whisk in flour, salt, and pepper until smooth.
- ☐ Whisk flour mixture into remaining stock and boil until slightly thickened, about 5 minutes.
- ☐ Pour sauce over filling in dish.

- ☐
- Put oven rack in middle position and preheat oven to 425F.
- ☐
- Roll out dough into a roughly 10- by 7-inch oval on a lightly floured surface with a lightly floured rolling pin, then place over filling and trim excess dough flush with edge of dish.
- ☐
- Brush with egg white, then bake until filling bubbles and crust is golden, about 30 minutes.
- ☐
- Transfer to a rack and cool slightly, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:162.13, Glycemic Load:24.76, Inflammation Score:-10, Nutrition Score:34.737826274789%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 501.46kcal (25.07%), Fat: 16.35g (25.15%), Saturated Fat: 5.81g (36.29%), Carbohydrates: 57.07g (19.02%), Net Carbohydrates: 48.91g (17.79%), Sugar: 9.48g (10.54%), Cholesterol: 87.51mg (29.17%), Sodium: 920.5mg (40.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.18g (66.36%), Vitamin A: 11167.06IU (223.34%), Vitamin B3: 14.32mg (71.58%), Selenium: 41.71µg (59.58%), Vitamin B6: 1.11mg (55.29%), Vitamin B2: 0.79mg (46.22%), Manganese: 0.85mg (42.5%), Phosphorus: 413.73mg (41.37%), Vitamin C: 32.96mg (39.96%), Vitamin B1: 0.57mg (37.98%), Folate: 140.91µg (35.23%), Potassium: 1171.14mg (33.46%), Fiber: 8.16g (32.65%), Vitamin K: 32.65µg (31.09%), Copper: 0.59mg (29.66%), Iron: 4.84mg (26.91%), Vitamin B5: 2.53mg (25.29%), Zinc: 3.53mg (23.55%), Magnesium: 91.74mg (22.93%), Vitamin B12: 1.28µg (21.26%), Vitamin E: 1.48mg (9.88%), Calcium: 89.22mg (8.92%), Vitamin D: 0.55µg (3.66%)