



Turkey Potpie

READY IN



1500 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 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
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 2 garlic cloves chopped
- ☐ 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
- ☐ 0.8 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

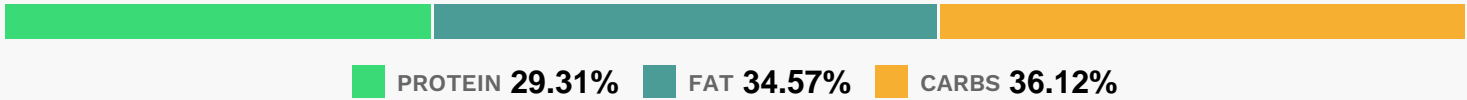
Directions

- ☐ 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 sauté onion, carrots, and celery, stirring occasionally, until golden, about 10 minutes.
- ☐ Add mushrooms, potatoes, and garlic and sauté, 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 425°F.
- ☐ 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.
- ☐
- Stock can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. • Dough can chill up to 1 day.
- ☐
- Each serving contains about 552 calories and 19 grams fat.
- ☐
- Gourmet

Nutrition Facts



Properties

Glycemic Index:124.17, Glycemic Load:12.15, Inflammation Score:-10, Nutrition Score:30.411739173143%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 410.89kcal (20.54%), Fat: 16.06g (24.71%), Saturated Fat: 5.76g (36.02%), Carbohydrates: 37.76g (12.59%), Net Carbohydrates: 31.04g (11.29%), Sugar: 7.97g (8.85%), Cholesterol: 87.51mg (29.17%), Sodium: 608.1mg (26.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.65g (61.29%), Vitamin A: 6071.6IU (121.43%), Vitamin B3: 12.78mg (63.88%), Vitamin B6: 1.04mg (51.8%), Selenium: 34.4µg (49.14%), Vitamin B2: 0.66mg (39.03%), Phosphorus: 378.26mg (37.83%), Vitamin C: 30.7mg (37.21%), Manganese: 0.64mg (31.92%), Potassium: 1045.17mg (29.86%), Copper: 0.54mg (27.24%), Vitamin K: 28.53µg (27.17%), Fiber: 6.72g (26.86%), Vitamin B1: 0.38mg (25.53%), Folate: 96.95µg (24.24%), Vitamin B5: 2.35mg (23.45%), Zinc: 3.29mg (21.97%), Vitamin B12: 1.28µg (21.26%), Iron: 3.76mg (20.88%), Magnesium: 83.11mg (20.78%), Vitamin E: 1.27mg (8.45%), Calcium: 73.13mg (7.31%), Vitamin D: 0.55µg (3.66%)