



Turkey Potpie with Cheddar Biscuit Crust

READY IN



60 min.

SERVINGS



8

CALORIES



1315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce peas frozen thawed
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon pepper black
- ☐ 12 pound skin-on turkey breast half
- ☐ 1.3 cups buttermilk well-shaken
- ☐ 2 large carrots cut into 1/2-inch pieces
- ☐ 2 rib celery stalks cut into 1/2-inch pieces
- ☐ 1 cup sharp cheddar cheese extra-sharp grated

- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 0.5 pound mushrooms trimmed quartered
- ☐ 1 medium onion coarsely chopped
- ☐ 0.3 cup parmesan grated
- ☐ 1 large parsnips cored peeled cut into 1/2-inch pieces ()
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 4 cups turkey meat cut into 1/2-inch pieces
- ☐ 0.8 stick butter unsalted cold cut into 1/2-inch pieces
- ☐ 3 tablespoons butter unsalted
- ☐ 10 cups water

Equipment

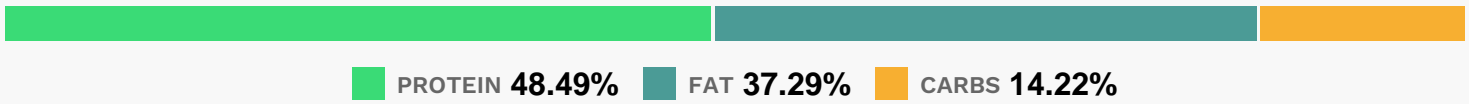
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ baking pan

Directions

- ☐ Separate parts of carcass and put, along with skin, in an 8-quart pot. Cover bones with water and simmer until liquid is reduced by one third, about 1 1/2 hours. Strain through a fine-mesh sieve into a large bowl. Set aside 3 1/2 cups stock (reserve remainder for another use).
- ☐ Cook onion, carrots, celery, parsnip, and thyme in butter with 1/2 teaspoon salt and 1/4 teaspoon pepper in a 12-inch-wide shallow pot (3- to 4-quart), covered, over medium heat, stirring occasionally, until vegetables are almost tender, 10 to 12 minutes.
- ☐ Add mushrooms and cook, uncovered, stirring, until tender, 5 to 7 minutes.

- ☐ Sprinkle with flour and cook, stirring constantly, 2 minutes. Stir in stock (3 1/2 cups), scraping up any brown bits, and bring to a boil, stirring, then simmer until slightly thickened, about 3 minutes. Stir in turkey, peas, and salt and pepper to taste. Reheat over low heat just before topping with biscuit crust.
- ☐ Preheat oven to 400F with rack in middle.
- ☐ Sift together flour, baking powder, baking soda, salt, and pepper into a medium bowl.
- ☐ Add cheeses and toss to coat. Blend in butter with a pastry blender or your fingertips until mixture resembles coarse meal.
- ☐ Add buttermilk and stir just until a dough forms. Drop biscuit dough onto filling in 8 large mounds, leaving spaces between biscuits.
- ☐ Bake until biscuits are puffed and golden brown and filling is bubbling, 35 to 40 minutes.
- ☐ Let stand 10 minutes before serving.
- ☐ Cooks' notes: If using carcass and meat from a brined turkey, filling may need little or no salt. Filling can be made in a 12-inch skillet and transferred to a 13- by 9-inch baking pan before topping with biscuit dough. You can substitute another turkey stock or reduced-sodium chicken broth for the stock in this recipe. You can also make stock using leftover cooked chicken in place of turkey.

Nutrition Facts



Properties

Glycemic Index:79.77, Glycemic Load:24.12, Inflammation Score:-10, Nutrition Score:26.813043324844%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 1315.36kcal (65.77%), Fat: 55.56g (85.48%), Saturated Fat: 23.72g (148.25%), Carbohydrates: 47.69g (15.9%), Net Carbohydrates: 42.68g (15.52%), Sugar: 7g (7.77%), Cholesterol: 464.39mg (154.8%), Sodium: 1917.52mg (83.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 162.56g (325.12%), Vitamin A: 3936.88IU

(78.74%), Selenium: 37.7µg (53.86%), Vitamin B3: 9.9mg (49.51%), Phosphorus: 402.15mg (40.22%), Vitamin B2: 0.64mg (37.46%), Vitamin B1: 0.49mg (32.53%), Vitamin B6: 0.65mg (32.4%), Folate: 121.86µg (30.47%), Manganese: 0.58mg (29.2%), Calcium: 291.94mg (29.19%), Vitamin C: 20.55mg (24.91%), Vitamin B12: 1.27µg (21.1%), Zinc: 3.1mg (20.66%), Fiber: 5.01g (20.05%), Iron: 3.32mg (18.46%), Copper: 0.36mg (18.17%), Potassium: 601.31mg (17.18%), Vitamin K: 17.58µg (16.74%), Vitamin B5: 1.62mg (16.24%), Magnesium: 63.16mg (15.79%), Vitamin E: 1.05mg (7.01%), Vitamin D: 1.02µg (6.81%)