



Turkey Potpie with Cheddar Biscuit Crust

 Popular

READY IN



300 min.

SERVINGS



8

CALORIES



1264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce baby peas frozen thawed
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon pepper black
- ☐ 12 pound carcass and skin from a roast turkey
- ☐ 1.3 cups buttermilk well-shaken
- ☐ 2 large carrots cut into 1/2-inch pieces
- ☐ 2 rib celery cut into 1/2-inch pieces

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

Equipment

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

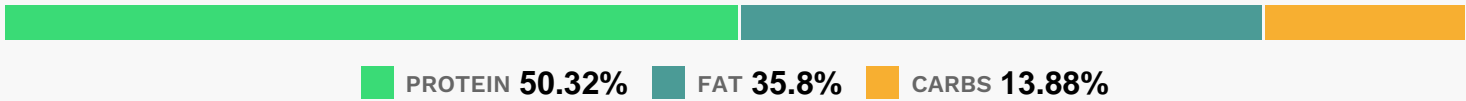
Directions

- ☐ 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 400°F 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.
- ☐ · 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:70.4, Glycemic Load:21.97, Inflammation Score:-10, Nutrition Score:26.051304506219%

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: 1263.5kcal (63.18%), Fat: 51.26g (78.87%), Saturated Fat: 21.02g (131.36%), Carbohydrates: 44.71g (14.9%), Net Carbohydrates: 39.8g (14.47%), Sugar: 6.98g (7.76%), Cholesterol: 453.11mg (151.04%), Sodium: 1916.86mg (83.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 162.11g (324.22%), Vitamin A: 3805.68IU (76.11%), Selenium: 36.33µg (51.9%), Vitamin B3: 9.67mg (48.34%), Phosphorus: 396.68mg (39.67%), Vitamin B2: 0.62mg (36.22%), Vitamin B6: 0.65mg (32.31%), Vitamin B1: 0.46mg (30.46%), Calcium: 290.09mg (29.01%), Folate:

114.56µg (28.64%), Manganese: 0.56mg (27.85%), Vitamin C: 20.55mg (24.91%), Vitamin B12: 1.26µg (20.95%), Zinc: 3.07mg (20.45%), Fiber: 4.91g (19.63%), Copper: 0.36mg (17.85%), Iron: 3.14mg (17.45%), Potassium: 595.87mg (17.02%), Vitamin K: 17.2µg (16.38%), Vitamin B5: 1.6mg (16.01%), Magnesium: 62.2mg (15.55%), Vitamin D: 0.94µg (6.29%), Vitamin E: 0.93mg (6.18%)