



WHATSheATE



Turkey Potpie with Cheddar Biscuit Crust

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

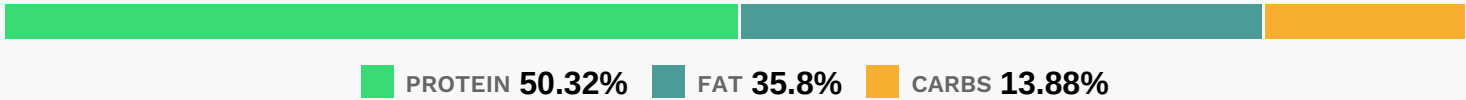
Directions

- ☐ 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%)