

Turkey Gravy

Phillis Carey, cooking instructor, Oct. 2011



1/2 cup pancetta, thinly sliced, diced (about 3 ounces)

1/4 cup shallots, chopped

1/4 cup flour

3 cups turkey stock (to be added to the turkey roasting pan) low-sodium, or chicken stock

1 cup dry white wine

1 teaspoon fresh rosemary, chopped

1 teaspoon fresh sage, chopped

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 10

If you have gravy lovers at your Thanksgiving table, you might want to make a double batch of this.

1. As you prepare the turkey to roast, pour into the bottom of the roasting pan 3 cups of chicken or turkey stock (packaged is fine). As the turkey roasts, make sure the stock doesn't evaporate - add more water as needed so the pan stays completely wet. After the turkey is finished, pour off the juices, including the fat, scraping any and all bits of things from the bottom of the pan, into a large measuring cup. Add water to make 3 cups of broth. Reserve at least 2 T. of the fat and try to remove the remainder of the fat (in a fat separator if you have one).
2. While the turkey is roasting you can start the gravy. Add just a bit of olive oil to a large saute pan and cook the pancetta until it's beginning to crisp, about 5 minutes. Add shallots and saute for a minute. Reduce heat to medium.
3. Add flour to the mixture and whisk until it turns a golden brown, about 4 minutes. (If making ahead, set aside at this point.)
4. With the gravy mixture hot, add the 3 cups of turkey juices, including the 2 T. of reserved turkey fat, and the wine. Bring mixture to a boil, whisking frequently. Simmer until it reaches your desired consistency, about 5 minutes more. Add rosemary and sage, season to taste with salt and pepper.

Per Serving (excluding unknown items): 59 Calories; 1g Fat (24.0% calories from fat); 4g Protein; 4g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 952mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat.