

Wild-Mushroom Gravy

Source: Cooking Light magazine

If your pan doesn't yield enough drippings, add water or chicken broth.

Other necessary recipe: Lemon-Sage Turkey With Wild-Mushroom Gravy

INGREDIENTS:

Pan drippings

2 C water

3/4 C thinly sliced shallots

1/2 C thinly sliced carrot

1 turkey neck

1 C sliced button mushrooms

1 C thinly sliced shiitake mushroom caps (about 3 1/2 oz)

5 TBS all-purpose flour

1 tsp red currant jelly

1/4 tsp black pepper

DIRECTIONS:

Place large zip-top plastic bag inside a 4-C measure - pour drippings from turkey roasting pan into bag - let stand 10 minutes (fat will rise to top) - seal bag - carefully snip off 1 bottom corner of bag - drain drippings to measure 2 C, stopping before fat layer - reserve 2 TBS fat in bag - set aside.

Combine water, shallots, carrot + turkey neck in medium saucepan - bring to boil. Cover/reduce heat - simmer 30 minutes - strain cooking liquid through sieve over bowl, reserving 3/4 C cooking liquid - discard solids, reserving turkey neck - remove meat from neck - chop. Add meat + cooking liquid to defatted 2 C drippings in 4-C measure.

Heat reserved 2 TBS fat in medium saucepan over medium heat - add mushrooms - sauté 2 minutes - add flour - cook 1 minute. Gradually add cooking liquid mixture - cook 10 minutes or till slightly thick, stirring occasionally - remove from heat - stir in jelly + pepper.

Serving size: 1/4 C

Nutrition Facts per Serving: Calories 43; Fat 2g; Carbs 4g; Chol 5mg; Sodium 4mg; Protein 2g; Fiber 0g; Cal. from Fat 42%; Cal. from Carbs 37%