

Homemade Turkey & Gravy



Servings:	50.00	Category:	Entree
Serving Size:	6.00 ounce spoodle	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10830

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	10 Pound	10# of raw turkey = 8# of cooked, diced turkey roast	100125
FLOUR WHOLE WHEAT STONE GROUND	2 Cup		330094
STARCH CORN	1/4 Cup		108413
Tap Water for Recipes	8 Cup	UNPREPARED	000001WTR
BASE CHIX LO SOD	8 Teaspoon	The amount of this product will be different every time you make this recipe.	130869

Preparation Instructions

You will need turkey juices from when the turkey roasts were steamed.

In a bowl, whisk together the corn starch and the flour. Set aside.

Heat the diced turkey, preferably in the combi but could be heated in the oven.

CCP: Heat turkey to 165 degrees F. or higher for 15 seconds.

While the turkey is heating:

The goal is to create 1 gallon of liquid and it will most likely be a combination of turkey juices and chicken stock.

In a gallon measuring cup, measure the turkey juices. Remember the amount you have for the turkey juices.

Pour the turkey juices into a stock pot on the stove top over medium heat and begin to heat the liquid.

Now make the chicken stock that would complete your 1 gallon of liquid.

(So say you had 1/2 gallon of turkey juices, you now need a 1/2 gallon of chicken stock.)

Once you've made the chicken stock with cold water, whisk in the dry ingredients (cornstarch and flour).

Whisk until smooth.

Add this mixture into the heated turkey juices.

Whisk to combine all of the ingredients.

Bring to a boil, whisking occasionally.

As the mixture heats, it will begin to thicken.

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Fold in the heated turkey.

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Serve over mashed potatoes or a whole grain biscuit.

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CCP: Hold turkey gravy for hot service at 135 degrees F. or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 ounce spoodle

Amount Per Serving	
Calories	141.56
Fat	6.55g
Saturated Fat	2.13g
Trans Fat	0.00g
Cholesterol	49.43mg
Sodium	429.51mg
Carbohydrates	4.24g
Fiber	0.51g
Total Sugar	0.16g
Added Sugar	0.00g
Protein	17.78g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1.63mg	Iron 0.18mg

Nutrition - Per 100g

Calories	156.04
Fat	7.22g
Saturated Fat	2.35g
Trans Fat	0.00g
Cholesterol	54.48mg
Sodium	473.44mg
Carbohydrates	4.67g
Fiber	0.56g
Total Sugar	0.18g
Added Sugar	0.00g
Protein	19.60g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1.80mg	Iron 0.19mg