

## Mustard Braised Turkey Legs



### Sirve:

4 servings

### Pieza:

Saladmaster Food Processor  
4.5 Qt. Mini Braiser Pan with Cover (Limited Edition)

Valora: ☆☆☆☆☆

### Contribuido por:

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Certified Health Coach & Natural Foods Chef  
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### Descripción de la Receta:

Turkey drumsticks are economical and easy to braise, resulting in a tender and flavorful meal.

The mustard and wine braising liquid along with natural juices from the turkey make a delicious sauce. Serve this with, [Potato Cauliflower Mash](#) , [Mashed sweet potato and pears](#) or your favorite side dish.

4 pounds  
turkey drumsticks (approximately 4 each)  
(907 g)  
salt & fresh ground pepper  
1 leek, trimmed, white sections thinly sliced  
3 cloves  
garlic, peeled, shredded Cone #1  
2 teaspoon  
thyme, dry  
(2 g)  
1 cup  
chicken stock (broth?)  
(240 g)  
½ cup  
white wine, dry  
(118 g)  
3 tablespoon  
grainy mustard  
(13 g)  
2 tablespoon  
parsley leaves, fresh, chopped  
(8

g)

### Preparación :

1. Preheat Mini Braiser pan over medium-high heat, until several drops of water sprinkled in pan skitter and dissipate, approximately 5 - 7 minutes.
2. While Mini Braiser pan is preheating, season turkey drum sticks on all sides with salt and pepper.
3. Add seasoned turkey to preheated Braiser pan and brown for about 4-5 minutes on all sides, this will take 16-20 minutes. Make sure turkey is well browned. Place lid on pan leaving it slightly ajar while turkey is browning.
4. Add leeks to braising pan and stir to sauté and brown for 2-3 minutes.
5. Combine garlic, thyme, chicken stock, white wine and mustard in a small bowl and stir to combine.
6. Pour braising liquid over turkey.
7. Place cover on pan. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 1 hour or until turkey is cooked through and tender.
8. Add fresh chopped parsley to pan and stir to combine. Taste and adjust seasonings as needed.
9. Serve 1 turkey drumstick per person with pan gravy and additional side dish as desired.

### Consejos:

- Substitute turkey drumsticks for turkey legs with thigh meat. Chicken drumsticks can also be substituted for turkey.

### Información nutricional por ración

**Calorías:** 350

**Grasa Total:** 17g

**Grasa** 4g

**Saturada:**

**Colesterol:** 129mg

**Sodio:** 471mg

**Carbohidratos:** 6g

**Azúcar:** 1g

**Proteína:** 37g

Nutritional analysis does not include side dish