

Mustard Braised Turkey Legs



Makes:

4 servings

Utensil:

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

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Recipe:

Contributed By:

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Recipe Description:

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)

Directions:

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.

Tips:

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

Nutritional Information per

▼ Serving

Calories: 350

Total Fat: 17g

Saturated Fat: 4g

Cholesterol: 129mg

Sodium: 471mg

Total 6g

Carbs:

Sugar: 1g

Protein: 37g

Nutritional analysis does not include side dish