

Basic Pan GRAVY (can be Beef, Pork, Chicken, Lamb, etc.)

Equipment:

Measuring Spoons

Measuring Cup

1 Qt. Glass or Microwave safe plastic bowl with cover.

Wooden Spoon or High Temp Rubber Spatula

Wire Whip

Fine Mesh Strainer

Ingredients:

2 tbsp butter or margarine 25 ml

2 tbsp flour 25 ml

Salt and pepper to taste

A few drops of browning or soy sauce, optional (reduce salt if adding soy sauce)

1 cup roast drippings* 250 ml

Procedure:

Heat butter in a small glass bowl at **P7** 30 - 45 seconds, or until melted.

In a 4-cup (1 L) bowl, combine melted butter, flour, salt and pepper.

Cook at **P10** 2 - 4 minutes or until bubbly and brown. **ALLOW TO COOL** before adding drippings

Deglaze your roast pan drippings using stock or broth

Stir in browning sauce.

Gradually add drippings. Stir until smooth. Cover the bowl

Cook at **P7** 2½ - 4 minutes, or until gravy is thickened; stir twice.

Strain the mixture

Makes: 1 ¼ cup (300 ml)

* If necessary, add broth, milk or water to roast

Drippings to equal 1 cup (250 ml). If using milk,

Cook at **P4** 3 - 5 minutes.

Chefs tip Mirepoix or "Aromatics" such as carrots celery and onions should be in the pan during the roasting process. Make the sauce with these vegetables and strain them out when finished. It will add complexity and flavor to the sauce.