

RECIPE: HOW TO MAKE GRAVY

Making gravy is a great skill to have in the kitchen. A basic gravy is an amazing way to take a simple supper to a special occasion, all with just 5 ingredients. This recipe uses store bought broth, but if you have access to a roast beef or chicken, you can make your own stock/broth to use.

TOOLS

- Small to medium sized saucepan
- Whisk
- Spatula

INGREDIENTS TO MAKE A GRAVY

- 2 tablespoons butter or margarine
- 2 tablespoons all purpose flour
- 1 cup chicken or beef or vegetable broth
- Salt + pepper
- Optional spices: $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon onion powder, $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon dried thyme, $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon ground sage

DIRECTIONS

1. Melt the butter in a saucepan over medium-low heat.
2. If you have some dried spices, now is a great time to add them. By cooking dried spices in fat, we give them time to release their oils.
3. Once the butter is melted, sprinkle in your flour and stir for a few minutes until it forms a doughy ball. You can switch to a spatula at this point, if it's easier.
4. We ultimately want to see it thicken up and we want to cook the "raw" out of the flour before we add the liquid. Watch the heat because we don't

want to turn the flour/butter golden in colour. The goal is to cook it slightly while still keeping the white colour.

5. Slowly drizzle in your broth, whisking constantly over medium heat for a few minutes. When the first few bits trickle in, it will catch and be SUPER thick, but as you continue to add more, it will thin out.
6. Keep whisking until you have a nice smooth consistency.
7. Add a pinch of salt and pepper and taste.
8. If you wish to make it fancier, add in the pan juices after cooking a beef roast or chicken. Continue to cook another minute or so and then season and taste again.