

# The Best Gluten Free Gravy

Making chicken or turkey gravy is a simple procedure, that starts with the meat stock, which is thickened. I like to cook my gravy in the pan, that the chicken or turkey was cooked in, if not too large!. The meat juices caramelize on the bottom of the roasting tin and these give your gravy flavour and colour.



## Ingredients

1 ½ - 2 tbspn of gluten free flour

425ml (¼ pint) of meat stock, or a combination of water from the vegetables and meat juices.

1 tbspn meat fat, poures or skimmed off the meat juices

Salt & Pepper to taste.

## Method

1. Remove the bird from the roasting tin and allow to rest before carving. Then drain the meat juices from the roasting pan, into a bowl or jug and allow to cool slightly.
2. Skim off any of the meat fat from the meat stock and juices.
3. In a small bowl mix together the gluten free flour and 125ml of stock/juices.
4. Place the remaining stock and meat fat in the pan and bring to boil, gradually whisk in the blended gluten free flour and heat through.
5. Reduce the heat and simmer for 2 minutes, then add seasoning to taste. If too thick add a little more stock or a drizzle of wine.
6. Serve immediately.