

Stock, Sauces, & Gravy



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Stock Making Basics

Making stock is a basic skill for any professional cook. It's a great way to add flavor at virtually no cost. It's a difference you can taste in soups, gravy, gumbo and sauces. Simple to do, and a good place for trimmings and things.

A couple of notes:

- Don't add salt or pepper when making the stock. This way your recipes won't be affected by excess salt.
- Also, bones add more flavor if you roast them before adding to the pot.
- You know you made a really rich stock if it begins to gel in the cooler.
- Keeps about 5 days under refrigeration. Freeze up to 90 days.



CHICKEN STOCK: Into a large stockpot, add the following:

- About 6 to 8 quarts of water. Start with less and add if needed.
- Add any chicken trimmings from cut fryers.
- Also, if you have cooked chicken, debone and add the bones.
- Trimmings from onions, celery and carrots

Simmer for a good while. No need to boil. Just leave it on that back burner most of the day if you like. Add water as you need if it starts to go below about half the original amount, or if the trim and bones aren't covered.

When you're ready, remove, strain and put the liquid into a large container and refrigerate. Use whenever you need a flavor enhancer.

BEEF STOCK: Into a large stockpot, add the following:

- About 6 to 8 quarts of water. Start with less and add if needed.
- Add any beef trimmings, bones, portions you can't serve.
- Trimmings from onions, celery and carrots

Follow the same directions as for chicken stock.

By the way, if you have any pan drippings you aren't using, cool them, remove the fat and save it for making a roux whenever you need beef gravy (more later) and pour the liquid into the stock pot. It's a great way to boost flavor.

Seafood Stock

All those shells that get tossed out if you're peeling shrimp can make an excellent base for any kind of dish that you're putting seafood in.

SHRIMP STOCK: put all the shells in a stockpot, add water to cover and then simmer about a half hour. Strain, return the pot to the stove and cook until stock is reduced by about half. Keep in cooler up to 72 hours then discard.

Ham Stock

This is just a reminder that if you throw away a ham bone, you threw away a ton of flavor! One big ham bone can flavor a pot of beans, black-eyed peas or whatever.

But you can make a ham stock as you would any other. Use the ham bone, trimmings along with a mirepoix and a bay leaf.



Alfredo Sauce

Yield: about 12 - 4 ounce servings

1 cup margarine or butter
5 cups heavy cream - you can use half & half if it's on hand
6 clove garlic, fresh (flatten with a spatula and mince)
6 cups Parmesan cheese - shredded is better, grated is okay
½ cup parsley, freshly chopped (can be omitted)

- In a saucepan, melt butter or oleo
- Add cream and simmer 10 minutes. It doesn't need to come to a boil
- Add garlic and cheese, whisking quickly until it is all heated and blended
- Remove from heat, add parsley and serve or use in your dish

Basic BBQ Sauce

This is a sweet and spicy sauce. You can add a bit of liquid smoke, but don't go crazy with it. Less is more with the liquid smoke.

Yield: about 1 quart

1 1/2 cups brown sugar
1 1/2 cups ketchup
1/2 cup vinegar, any kind is fine
1/2 cup water
2 tsp salt
1/4 tsp cinnamon
1/4 tsp ground cloves (optional)
3 Tbsp dry mustard
2 tsp pepper, white or black
1 Tbsp Worcestershire sauce

- Put all ingredients in a saucepan. Simmer until slightly thickened

Cocktail Sauce

Some people make it with Chili Sauce but, by the time you've dolled up some good ketchup, you can't tell at all. Either way, this sauce has a good flavor with a bit of a kick, but it's well-seasoned, not hot. Ours uses ketchup.

Yield: about 2 cups

2	cups	ketchup
2	Tbsp	horseradish
1 ½	Tbsp	lemon juice
1	tsp	Worcestershire sauce
½	tsp	LA hot sauce
¼	tsp	black or white pepper
		salt as needed



- Mix well and chill at least half an hour before serving. Keeps up to 5 days.

Crawfish Dip Sauce

2	cups	cold mayo
¼	cup	ketchup
2	tsp	lemon juice
2	tsp	Tony's creole seasoning
2	tsp	Worcestershire sauce
2	tsp	soy sauce
1	Tbsp	mustard
1	tsp	Tabasco sauce
1	tsp	liquid crab boil (essential ingredient)

- Mix well, chill and serve

Creole Sauce

You already know this is a Mac-Daddy sauce here in south LA. It's really versatile, and you can use it as the base for any number of dishes. But did you know you can use it as a topping for fish, crab cakes, even chicken? You can put shredded chicken; shrimp and rice in it; stuff peppers; the list goes on. Here's the recipe for just the sauce. Makes about 1 quart.

2	Tbsp	oil
1	cup	diced onions
1/2	cup	diced celery
1/2	cup	diced green bell pepper
1	Tbsp	garlic, minced
1	#303	can diced tomatoes
2	cups	chicken stock
1	Tbsp	LA hot sauce
1	Tbsp	Worcestershire sauce
1/4	tsp	ground white pepper
1/4	tsp	cayenne pepper
1/2	tsp	dried thyme leaves
4	Tbsp	butter
2	Tbsp	chopped fresh parsley
1/2	cup	green onions, sliced thin
		salt and pepper as needed



- In a large saucepan, heat oil; add onion, celery, bell pepper until softening, then add garlic and cook about another minute.
- Add remaining ingredients except butter and green onions, bring to a boil then reduce to a low simmer. Cook until it thickens, about 20 minutes.
- Remove from heat; stir in butter and green onions.
- If topping fish, you can add a few cooked shrimp as an appealing garnish.

Honey Mustard Sauce

Another easy, mayonnaise-based sauce, this is a staple for fried chicken tenders, good on some wraps, and some people like it on their burgers.

3/4 cup mayo
1/4 cup mustard, plain old yellow ball park variety
1/4 cup honey
1 ½ cups lemon juice

- Mix well and serve



Hot Mustard, Chinese Restaurant Style

This is the stuff you want for your egg rolls, and if anyone tells you it's more complicated, have them give this one a taste. Makes about a 1/4 cup

1/4 cup dry mustard powder
3 Tbsp cold water

Mix the two ingredients. Add a bit of water if you need. Serve. Done.

Remoulade Sauce

1 1/4	cups	mayonnaise.
1/4	cup	mustard (Creole mustard if possible)
1	Tbsp	paprika
1 to 2	tsp	Tony's seasoning
2	tsp	horseradish
1	tsp	pickle juice (dill or sweet as you prefer)
1	tsp	Tabasco sauce
1	clove	garlic, minced and smashed

Mix together and chill before serving

Sweet & Sour Sauce

What you might call a “traditional” American style sauce. You control thickness, sweetness and tartness. And it's much better than the stuff you get in a jar.

1	cup	vinegar
1	cup	granulated sugar
1/2	cup	pineapple juice
1/2	cup	tomato paste
1/2	cup	orange juice
2-3	Tbsp	corn starch
2-3	Tbsp	water



- Combine everything but corn starch and water in a sauce pan. Bring to boil.
- Reduce to a simmer and cook about 10 minutes.
- Make a slurry with corn starch and water and add to the sauce.
- Bring to a quick boil to thicken sauce and then use as needed

Tartar Sauce 1

Yield: about 6 cups. You can halve this recipe

4	cups	mayonnaise
2	Tbsp	lemon juice
2	tsp	Worcestershire sauce
1 1/2	cups	finely chopped onions
2	cups	diced dill pickles or dill relish, drained
2	Tbsp	parsley

Mix well and chill before serving.

Tartar Sauce 2

This one's sweet and spicy. You can halve this recipe. Makes 6 cups

4	cups	mayonnaise
3	Tbsp	lemon juice
¼	cup	granulated sugar
2	tsp	Worcestershire sauce
1	cup	minced onions
1	cup	sweet relish
1	Tbsp	LA hot sauce

Mix well and chill before serving.



White Sauce (Béchamel)

This basic sauce is the foundation for many other sauces. Some of them are listed. Below are 2 different ways to make it. This sauce is a medium thickness for gravy, scalloped dishes, cheese sauces, biscuit gravy base and so on.

For any of the methods below, if not using the sauce right away, cover it with plastic film and set on a double boiler or in the steam table to keep warm.

Yield: about 1 quart

1/2	cup	flour
1/2	cup	margarine or butter
4	cups	milk (whole is preferred but you can use 2%)
1	tsp	salt
½	tsp	pepper, white if you have it but black is okay too

METHOD 1: Make a blonde roux: melt butter, blend in flour until smooth and cook just a couple minutes. Add milk gradually, stirring constantly until boiling. Reduce heat and cook for 3 minutes longer; add seasonings and blend.

METHOD 2: Heat milk. Blend butter or other fat and flour together and add to hot milk, stirring constantly until mixture thickens. Cook for 3 minutes longer, add seasonings and blend.

NOTES: For a thinner sauce, cut the fat and flour in half for any amount of sauce you make.



Cheddar Cheese Sauce

Yield: about 1 1/2 cups for every cup of white sauce used

- After making the white sauce, remove from the heat
- For every cup of white sauce, add a 1/2 cup of shredded cheddar
- Stir it in well and use right away.
- DON'T put the cheese in while the sauce is on the stove; the high heat can cause the cheese to separate and “break”, giving you a grainy texture.

Mornay Sauce

Use Swiss cheese instead of cheddar. If you only have the sliced Swiss, use it but increase the amount to about 3/4 cups for every cup of sauce.

Parmesan Cheese Sauce

For each cup of sauce, add 1/2 cup of Parmesan cheese. Fresh shredded is better but the stuff in the jar is okay if that's what you have.

Herb Sauce

For each cup of sauce, add 1 teaspoon of dried or fresh herbs. For example, adding nutmeg for creamed spinach.

Veloute Sauce

(Pronounced “vel-oo-tay”), this is not really a white sauce in the strict sense. To make it, go to the basic recipe and use chicken stock instead of the milk (remember that stock we talked about? Perfect way to use some).

Spaghetti Sauce

This is a nice, thick sauce you can use for many recipes. Add a cooked meat of your choice during the last hour of cooking or use as a foundation sauce.

Yield: about a gallon (24 portions)

2	each	onion, chopped
3	Tbsp	garlic, minced
¼	cup	olive oil
1	#10	whole tomatoes
1	quart	tomato paste
2	Tbsp	dried basil
3	Tbsp	dried oregano
6	each	bay leaves
3	Tbsp	granulated sugar
1	tsp	red pepper flakes
1	tsp	salt, and add to taste



- Heat olive oil in a stockpot. Sauté onions and garlic until tender.
- Add everything but the sausage and simmer over low heat for 2 hours.
- Add cooked meat of your choice and simmer another hour
- Remove bay leaves before serving. Don't forget; they taste pretty awful.

Kicked Up Spaghetti Sauce

Use the sauce above as your base and add the following when simmering:

2	cups	onions, diced and sautéed until golden brown
1	cup	bell pepper
2	Tbsp	additional, chopped garlic
½	tsp	cayenne

Spaghetti Sauce, Bolognese Style

1	pound	ground pork
1	pound	ground beef
¼	cup	olive oil
½	pound	pork Tasso, finely minced
2	cups	onions, diced
1	cup	carrots, diced
1	cup	celery, diced
1/4	cup	garlic, fresh, minced
2	cups	beef stock
2	quarts	canned tomatoes, with juice, diced
6	Tbsp	tomato paste
2	each	bay leaves
		salt and pepper as needed
		sugar as needed

- In a heavy pot, heat oil over medium-high heat.
- Add pork; sauté 2-3 minutes to render fat. Add ground pork and ground beef and cook until meat is well browned, separated and crumbly.
- Add onions, celery, garlic and carrots, blending well into the meat. Sauté until the vegetables begin to become tender.
- Add stock, tomatoes and tomato paste, bring to a boil; reduce to simmer. Add bay leaves, cover and simmer 1 hour, stirring occasionally.
- You may need to add stock during the cooking, but the sauce should be of a thick consistency. You be the judge of how you want it.
- Use sugar sparingly to cut the acidity, but this isn't a "sweet" sauce.
- Season with salt and pepper.
- Add fresh parsley if you like.

Biscuit Gravy

The old breakfast standby, you can also add sausage to it, smother chicken fried steaks with it or use it as a base for sawmill gravy. Makes 1 quart

1/2	cup	vegetable oil
3/4	cup	flour
1	tsp	salt
1	tsp	black pepper
4	cups	milk

- Heat oil in a saucepan at medium heat. Stir in flour, salt and pepper, blend.
- Cook, while stirring / whisking a few minutes but don't let the roux brown.
- Pour in milk gradually while using wire whip; don't let lumps form
- Cook until it thickens; it doesn't need to come to a boil
- If the gravy becomes too thick, thin with milk

Biscuit & Sausage Gravy

- Instead of vegetable oil, cook a pound of sausage in a saucepan.
- Then add the flour and pepper, cook, stirring well, a couple of minutes.
- As above, pour in the milk while using a wire whip.
- Cook until it thickens, check for salt and add if needed at this time
- Remove from heat and serve.



The Gravy Whisperer

Okay, let's talk about gravy in general. There are more ways to make a gravy than there are words in this cookbook, but we're going to focus on the ones that are most familiar and used most often.

Au Jus – we usually think of this as being served only with Prime Rib as a thin, non-thickened gravy pan drippings fortified with beef base. A “true jus” is actually a reduction of the drippings with the fat removed (and save that fat because it's an excellent base to use for the roux in your gravy).

Pan Gravy – this is those pan drippings with the fat separated out and then thickened with something. Usually a roux. But you can use cornstarch.

Brown Gravy –that's what we call that stuff we made with beef base and Kitchen Bouquet because we didn't have any drippings or stock. Too bad because, not only are they FREE, they taste much better than beef base.

White Gravy – this is really considered a sauce in traditional French cuisine. It's a Béchamel, a “mother sauce”, one of the 7 in their long tradition. But hey, we're from the south and we call it gravy. It's a roux with milk, salt and pepper.

Tomato Gravy – a tomato based gravy thickened with roux, often served as a breakfast item. And not to be confused with Red Eye Gravy, which isn't to be confused with a red-eye flight.

So let's get into some gravy making.

Controlling Color:

- The darker the roux, the darker the gravy. But the tradeoff is that the darker the roux, the more impact it has on the flavor of your gravy.
- Using a coloring product like Kitchen Bouquet, Color Cut or something like it. They let you adjust color without affecting the flavor.

Controlling Depth of Flavor:

- The best way is to use a stock, made fresh in your kitchen and to reduce it on the stove. You can pretty much put on a pot of stock, ignore it for a while and when it's reduced, add some roux and you're done.
- Optionally, you can use your stock as is, then boost the flavor with some base (beef or chicken) to get the flavor up, but when you do, you're also adding salt. If your stock is not up to snuff, you may have a salty gravy.
- Use rendered fat in your roux. For example, if you're making a beef gravy, using some fat from that roast you made is a great way to boost flavor. We mentioned in the beginning about saving fat from your pan drippings, and this is the place to use them.

Controlling Thickness:

- We commonly use roux to thicken gravy, and this is a good method. Make a standard roux and give it a bit of color, then add to your liquid.
- Instead of a roux, you can use flour mixed into a paste with butter. This is called Beurre Manie (French for kneaded butter). You knead butter and flour together in equal amounts. Make little balls out of it and toss it in the freezer. Pull some out, toss them into the stock and it's gravy time!
- Flour and water can be made into a slurry or paste and added to the stock. If you do this, be sure to cook it for several minutes or your gravy will have a flour taste. One benefit of this method is you're not adding any fat.
- Cornstarch can be used by making a slurry in water. This is commonly used for Asian sauces like sweet and sour, lemon sauce and others, but you can use it for gravy also. Think of a clear gravy like gibley gravy where you want a bit of body but clarity also.

Controlling Saltiness:

- Salt is usually something we add because we don't have enough other flavor. Try building all your other flavors and then you won't need as much salt.
- Use a bit more base in your gravy if you have to adjust salt. This will add a bit of flavor along with the salt. You can use chicken base in a pork stock.

Au Jus Gravy

First things first. Save ALL those drippings from your prime rib. What you don't use for dinner you can use for stock or freeze for another time.

Yield: about 2 quarts

4 cups pan drippings from the prime rib
4 cups water
Caramel color or Kitchen Bouquet
beef base or salt (or both)

- Combine the water and drippings in a saucepan. The reason for the water is that the drippings are usually salty from the seasoning on the roast.
- Taste the liquid and add beef base or salt to adjust flavor.
- Plate some liquid and if needed, adjust the color also.
- If you want to thicken it, cornstarch is the easiest way, although flour is the more traditional method. Either way is okay but notice the photo below shows that the jus has been thickened a bit.
- After meal service, if you have kept the au jus hot, you can save it and use it for gravy another time. Chill it quickly in the freezer.



Brown Gravy 1

Let's call this our "standard" brown gravy. It's a good one, made with that stock we showed you first off in this chapter.

Yield: about 1 quart

1/4 cup margarine (better, use some saved beef fat if you have it)

1/4 cup flour (or as needed)

4 cups beef stock, cold

To taste salt

- Combine fat and flour in saucepan and make a light roux, just a bit brown
- Slowly pour in the stock while blending with wire whip
- Add salt as needed to adjust flavor
- If needed to adjust color, add some Caramel Color or Kitchen Bouquet
- Simmer about 10 minutes at a low heat and remove.

Brown Gravy II

Well, we're out of stock so we're using beef base. Easy. Make a quart of stock following the directions on the jar. Usually that's a teaspoon of base per cup of stock. Then follow the directions above.



Cajun Meunière Gravy or Sauce

This is a variation on a brown butter sauce. It's fantastic on fried catfish.

Yield: about 3 cups

2	cups	veal or beef stock
1	Tbsp	butter, softened
1	Tbsp	flour
2	Tbsp	Worcestershire sauce
2	Tbsp	Louisiana hot pepper sauce
1		lemon, peeled and quartered
1 1/2	cups	unsalted butter, cubed
To taste		salt and pepper

- In a saucepan, put lemon, stock, Worcestershire sauce and cook over medium heat until the mixture is reduced by half. Remove lemon
- Prepare a Beurre Manie from the flour and softened butter, and make little balls from it (refer to the first section of this chapter on thickening).
- Drop them into the stock, one by one, while mixing with wire whip, to blend and thicken. Simmer on low heat another five minutes.
- Reduce heat to a very low simmer and add the cold, cubed butter, a little at a time, while blending until it is all incorporated.
- Season with salt and pepper
- Remove from heat, strain to remove any seeds and keep warm.



Chicken Gravy from Stock

There are several approaches. One calls for just stock, another adds cream or milk; another uses giblets or pieces of chicken meat. We'll cover all three.

Yield: about 1 quart

1/4	cup	butter or margarine
1/4	cup	flour (or as needed)
4	cups	chicken stock, cold
To taste		salt and pepper

- Combine fat and flour in saucepan and make a light roux.
- Slowly pour in the stock while blending with wire whip
- Add salt as needed to adjust flavor
- If needed to adjust color, add some Caramel Color, but remember that this is a chicken gravy so you want it to be on the lighter side
- Simmer about 10 minutes at a low heat and remove.

Creamy Chicken Gravy

- Make the recipe above, but at the end, add in 1/3 cup of cream.

Chicken & Giblets Gravy

- Cook the giblets in stock until tender. Add water as needed. When they're done, remove and cut up. Add enough stock to make a quart.
- Make a light roux and add to the stock, blending well. Or use cornstarch.
- When thickened, remove from heat and add giblets back to gravy.

Mushroom Gravy

This is a variation on the Brown Gravy recipe. The main difference is you sauté canned mushrooms to remove the excess water, and to brown them a little before adding them to the gravy.

Yield: about 6 cups

1/4 cup margarine (better, use some saved beef fat if you have it)
1/4 cup flour (or as needed)
4 cups beef stock, cold
1 16 oz can mushrooms (think about those leftover from steak day)
To taste salt

- Sauté mushrooms with a bit of oil until water cooks off and set aside.
- Combine fat and flour in saucepan and make a light brown roux.
- Slowly pour in the stock while blending with wire whip
- Add salt as needed to adjust flavor
- If needed to adjust color, add some Caramel Color or Kitchen Bouquet
- Add the mushrooms to the gravy
- Simmer about 10 minutes at a low heat and remove.

Some variations you can use:

- Add sour cream for a stroganoff.
- Make a chicken mushroom gravy.
- Use this as a pot pie gravy
- Add onions and serve with hamburger steaks.
- Make a lighter color version and serve with pork roast, chops, medallions or loin.



Onion Gravy I

Sorry for saying the same thing over and over: this one is based on the Brown Gravy recipe too. Grilled onions are added at the end. There are a couple of variations, and the second one is a thinner, cornstarch thickened one.

Yield: about 6 cups

1/4 cup margarine (better, use some saved beef fat if you have it)
1/4 cup flour (or as needed)
4 cups beef or pork stock (depending on what you're serving)
2 each medium onions, sliced about 1/8" thick
Salt as needed

- Sauté or grill the onions until they're nicely browned a bit and set aside.
- Combine fat and flour in saucepan and make a light brown roux.
- Slowly pour in the stock while blending with wire whip.
- Add salt as needed to adjust flavor; adjust color also if desired.
- Add the onions to the gravy, Simmer 10 minutes, then remove.

Onion Gravy II

Yield: about 6 cups

2 each medium, onion, sliced
2 Tbsp butter or margarine
4 cups beef or pork stock (depending on what you're serving)
6 Tbsp cornstarch
6 Tbsp cold water

- In a saucepan; sauté onions in butter.
- Add stock and bring to a high simmer; cook until onions are tender.
- Add salt if needed, then make a slurry with cornstarch and water.
- Add slurry to gravy, bring to a boil and then remove from heat.

Pork Gravy

We'll just say that if you look at that old Brown Gravy recipe and use pork stock instead of beef... you get the idea.

It is generally a bit lighter than a beef gravy and darker than chicken gravy. So there you go. Have a look at the photo and that should show you what you're looking for.

And you can use all the variations you would for any of the other gravy recipes listed. Sour cream for a pork stroganoff, mushrooms, onions, and on and on.



Red Eye Gravy

You're not going to walk into a restaurant in Green Bay and ask for this with your ham. They never heard of it. It's pretty much a Southern secret and that's okay with us. If you love it, nothing beats red eye gravy with a slice of ham.

Makes about 1 cup

1	Tbsp	vegetable oil
½	cup	chopped fatty ham scraps
1/8	tsp	cayenne
1	tsp	flour
¾	cup	fresh brewed coffee

- On medium heat, add oil and ham to a skillet; cook until ham is browned and remove the ham scraps.
- Add flour and seasoning and cook just a couple of minutes. Don't let the flour scorch, so stir constantly.
- Pour in the coffee and turn up the heat. Stir and cook until it thickens a little; adjust seasoning if needed. Remove from heat and serve.

Note: you can also cook slices of ham right in the gravy if you wish, and then set the ham out to serve, with more gravy on the side.



Sausage Gravy / Sawmill Gravy

Please refer to the Biscuit and Sausage Gravy recipe

Tomato Gravy

This is a sometimes welcome alternative to a white gravy for biscuits, especially down here in Cajun country. It's usually served at breakfast but you can give it a try alongside fried chicken and biscuits too. Makes about 4 cups.

1/2	cup	bacon drippings
1/3	cup	flour
4	cups	water
3/4	cup	tomato paste
		Salt and pepper as needed

- In a skillet or saucepan, make a light brown roux with drippings and flour.
- Slowly pour water into the roux and blend well with wire whip, then add in the tomato paste, salt and pepper.
- Cook until the gravy begins to thicken, then reduce the heat to a low. simmer and cook about 5 more minutes.
- Adjust salt and pepper, then remove from heat.
- You can garnish with crispy bacon pieces if you wish.

Creamy Tomato Gravy

Your customers may be more used to this one. Instead of water, use milk. Don't brown the roux either. Just cook it until that floury taste is gone.

Turkey Gravy

The procedure for turkey gravy is pretty much the same as chicken gravy.

Turkey Giblet Gravy

Makes about 1 quart

3-4	cups	drippings from the turkey(s) you're roasting
3	each	celery stalks, diced smallish
1	each	medium onion, diced
1/2	cup	flour
2	tsp	chicken base
3	each	diced hard boiled eggs (optional)
		Salt and pepper as needed

- Remove giblets (discard liver); put in a stockpot with onions and celery. Add water to cover and cook until tender. Reserve the broth.
- Skim the fat off turkey pan drippings – about ½ cup – mix with flour in a saucepan and make a light roux.
- Add the rest of the drippings and enough water to make about a quart of gravy. Add chicken base if needed to boost flavor
- Bring to high heat to thicken and then reduce to a low simmer.
- Pick meat from the neck, chop the gizzard and add to the gravy.
- Adjust salt and pepper, remove from heat and add eggs if using.

