

Turkey Gravy without a Turkey

Cook's Illustrated's All-Purpose Gravy

Internet Address:



Servings: 8

1. In food processor, pulse carrot until broken into rough 1/4-inch pieces, about five 1-second pulses. Add celery and onion; pulse until all vegetables are broken into 1/8-inch pieces, about five 1-second pulses.
2. Heat butter in large heavy-bottomed saucepan over medium-high heat; when foaming subsides, add vegetables and cook, stirring frequently, until softened and well browned, about 7 minutes. Reduce heat to medium; stir in flour and cook, stirring constantly, until thoroughly browned and fragrant, about 5 minutes. Whisking constantly, gradually add broths; bring to boil, skimming off any foam that forms on surface. Reduce heat to medium-low and add bay leaf, thyme, and peppercorns; simmer, stirring occasionally, until thickened and reduced to 3 cups, 20 to 25 minutes.
3. Strain gravy through fine-mesh strainer into clean saucepan, pressing on solids to extract as much liquid as possible; discard solids. Adjust seasonings with salt and pepper. Serve hot.

Yield: 4 cups

Per Serving (excluding unknown items): 82 Calories; 5g Fat (47.4% calories from fat); 6g Protein; 6g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 29mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

- 1 whole carrot, peeled, chopped
- 1 stalk celery, chopped
- 1 whole onion, chopped
- 3 tablespoons unsalted butter
- 1/4 cup all-purpose flour
- 2 cups low-sodium chicken broth
- 2 cups low sodium beef broth
- 1 whole bay leaf
- 1/4 teaspoon dried thyme
- 5 whole peppercorns
- Salt and ground black pepper

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>