



# Gratitude and GOODNESS

## TIPS AND TRICKS FOR THE PERFECT HOLIDAY MEAL

### *Tips to Make the Best Gravy on Thanksgiving Day*

Although mashed potatoes are my favorite dish on Thanksgiving, you can't have a complete mashed potato experience without a show stopping gravy. Gravy tends to be intimidating, but it's pretty simple with only a few ingredients. My stepdad is our family's gravy maker and he makes the absolute best. I got his best tips to share so you can make the best gravy for your family this Thanksgiving too.

**Drippings-** The most important part of a great gravy. You want the drippings to be from a flavorful fat like chicken, turkey or pork. Meats like ham or beef tend to be a bit on the salty side to use for gravy.

**50/50 blend-** of flour and fat. You'll start your gravy by making a roux which is just a mix of flour and fat cooked together first then you add the liquid. A roux is the base to lots of sauces as well.

**Don't Forget the Brownd Bits-** Those browned bits at the bottom of the pan of the meat in the drippings have tons of flavor. Be sure to scrape those up with the drippings to add to the gravy.

**Add Warm Liquid-** After you make the roux with the flour and drippings, you'll add the milk. Heating the milk up slightly in a saucepan on very low before you add it to the roux helps it combine into the mix much easier.

**Death of Any Gravy, Lumps-** The easiest way to avoid lumps in your gravy is to simply add the milk very slowly, whisking quickly at the same time. Also, the milk being warm will help with this.

**Taste As You Go-** The seasoning of the meat drippings you use will affect the salt content of the gravy so taste as you go and add tiny bits of salt as needed.

**Freeze It-** You can freeze leftover gravy and reheat on the stovetop in the future.

### TURKEY GRAVY RECIPE

#### **Ingredients:**

**Drippings from Turkey**

**½ cup flour plus more if needed**

**4 Cups Hilland Whole Milk**

**1/pepper**

#### **Directions:**

1. Pour the drippings from the turkey out of the pan and into a measuring cup or similar container.
2. In a small saucepan on low heat, pour 4 cups of milk in and heat.
3. In a medium saucepan, add 1 cup of the turkey drippings and ½ cup flour on medium heat. Whisk together to make a thick paste. Cook for a bit until it turns into a golden brown color.
4. Very slowly pour the saucepan of milk into the flour mix and whisk constantly combining the two together. Heat on medium. Once the milk is combined, then add another cup of turkey drippings and whisk together.
5. Continue whisking on medium low heat until the gravy thickens. At this point you can determine if you like the consistency of the gravy. If it's too thin, then put a Tablespoon of flour and a splash of water in a small bowl and mix together. Add to the gravy and whisk. If too thick, then add more drippings.
6. Transfer to a serving dish and serve with the Thanksgiving meal.



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**Happy Holidays!**