

# Proper Gravy

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We recommend when roasting what ever delicious joint you have chosen, 45 minutes prior to finishing add your veg for the gravy.

## Ingredients

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2 Onions, quartered  
3 Carrots, peeled and chopped lengthways and then in half  
2 Celery sticks, chopped in half  
1 head of Garlic, chopped in half  
4 Bay Leaves  
A few sprigs of Thyme  
A few sprigs of Rosemary  
2 tbsps Stoneground Plain Flour  
180ml Red Wine  
2 pouches Pure Stock (Chicken, Turkey or Beef)  
2 tsps Red Wine Vinegar  
1 tblsp Redcurrant Jelly  
A pinch of Sea Salt and freshly ground Black Pepper  
The Meat Juices from your roasting tin

## Method

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1. Remove the meat from the roasting tin and set to one side. Place the roasting tin, full of delicious veg, meat juices and fat over a medium heat.
2. Sprinkle over the flour and work this into the contents of the tray. Crush the veg with the back of a spoon and scrape up all the dark sticky cooking juices. Add the wine and then the stock and cook gently for 15-20 minutes, regularly stirring.
3. Pass the gravy through a fine sieve and squeeze out all the flavour from the veg using the back of a spoon. Set the pan over a low heat and add the red wine vinegar and redcurrant jelly, stir well and season to taste.



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