

Traditional "Old School" Gravy

Ingredients -

- Fats and oils from lamb
- Stock
- Sweet potato & parsnip skins
- Leek tops
- Flour
- Beef dripping (maybe)
- Gravy browning (if you like)

Method –

1. Add the leek tops and skins from sweet potato and parsnips to the water you boiled your potatoes and carrots in. It's a good think if there are still left-over bits on the skins, don't waste anything, it will all add to the flavour.
2. Boil for a good 10 minutes to get all those flavours into the water. Add more water if needed, you want a good 500ml left over at the end.
3. Place through a strainer, really push through everything you can with a wooden spoon and squeeze all those juices through.
4. Heat your fat on the hob until it is starting to bubble, you should have plenty, but you can always add a bit of beef dripping if you need to.
5. Mix in your flour a little at a time, thoroughly stirring and making sure you get no lumps. Once your fats have turned from clear to almost white and it is just starting to thicken you want to start pouring in your stock.
6. Lower the heat right down and pour in a little at a time but trying to be as constant as possible with adding the liquid. It will almost instantly turn to a paste and then loosen up. If you don't have enough stock just use additional water, all the flavours are already in there anyway.
7. If you want a darker colour add some gravy browning but this is just an aesthetic thing and won't affect the taste.



