

'Middle Age' is the point where your memories are greater than your hopes, regardless of your years.

-Steven J. Sackinger

Gravies:

There are 4 major gravies that I make, each corresponding to different meat. Each gravy recipe (except Ham gravy) differs significantly in regards to the use of Flour, but the other components such as Salts and stocks are similar. Gravies such as these are considered savory gravies.

Ham gravy uses no Flour and no Salt because it is sweet gravy.

The recipes included are for basic gravies. It is my intention to demonstrate simply how to make the gravies appropriate for different types of meat. As a result the gravies are presented without embellishments or regional ingredients such as giblets, gizzards, mushrooms, celery or other common additions. These recipes are easily scalable; double or triple ingredients and cook times to suit larger portions. For the purposes of this book, I have included quantities & measurements to make about 1 Cup of gravy.

Note: These gravy recipes presume you will use stock from the meat you are cooking. If you use bullion or canned broth instead, they are pre-Salted: Disregard the Salt recommendations I have made and simply Salt to taste.

Ham Gravy

2 Cups of Water

½ Cup Ham stock

2 Cups brown Sugar

1 Dash Black Pepper.

1tsp Lemon juice (optional for a more tart flavor)

1tsp Cornstarch or Corn syrup (reduces cooking time but is not required.)

In a saucepan set the Water to boil.

Add the Ham stock, the Pepper and (if desired, the Lemon juice). Boil this for a few minutes.

Add the Brown Sugar and stir frequently cooking over high or medium-high heat for about 10 minutes.

At this point you can add the corn starch/syrup and cook for another 5 minutes until desired thickness or you can continue to cook on high for another 10 to 15 minutes stirring occasionally until desired thickness is reached.

Remove from heat and pour into a serving container.

This gravy is excellent for use with Baked Ham.