

Beef Gravy

2 Cups of Water
1/2 Cup of Beef stock
1/2 Cup of Flour
1 Tbsp Salt
2 tsp Black Pepper.

Bring the Water to a strong boil in a saucepan and add the stock, the Salt and the Pepper.

Note: If preparing with dishes such as Meatloaf Traditional Pot Roast or Mediterranean Roast, it is Strongly recommend that you add some of the stock from those meats to the gravy to bring the flavor more in line with the meat.

Browning the Flour: Set a small or medium frying pan over medium high heat. Add the Flour to the heated pan. You can add a dash of Salt and Pepper if you like. You must stir or 'toss' the Flour very frequently. The Flour will gradually brown. Continue to stir and or 'toss' the Flour so it cooks evenly until it becomes a deep brown color. Once the Flour is browned immediately add it to the boiling Water and stock stirring the mixture as you add it. Browned Flour readily absorbs into boiling Water so as long as you stir vigorously for the first minute or so the Flour should not clump or pill up.

Reduce the heat to medium and continue to simmer the gravy stirring ever few minutes or so to ensure it does not stick or boil over. You may add anything you like at this point, mushrooms, giblets, egg white, etc. It takes about 20 minutes over a steady simmer for the gravy to 'cook down' to a good thickness. Once the desired thickness is achieved, remove the gravy and place it in a tureen, Pyrex measuring Cup, etc.

This gravy is excellent for use with Meat loaf, Pot Roast, Chuck Steak, Cubed Steak or any other common cuts of steak.