

# Betty's Fat-Free Cream Style Roast Turkey Gravy Recipe



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In this video, Betty demonstrates how to make fat-free cream style gravy from the stock of her Christmas Roast Turkey Breast. This gravy is smooth and creamy, but is guilt-free, if you are watching calories!

## Ingredients:

turkey stock from roast turkey breast (The amount of stock you have will depend on the size of turkey breast and your cooking procedure. You need to be flexible in making gravy from stock, so that it will be of perfect thickness and consistency.)

2 tablespoons flour (have more available for adjusting thickness)

1 cup skim milk

Water, if needed for thinning gravy

salt, if needed

Spoon off all excess fat from the top of the turkey stock. Strain the stock, in order to remove scraps left from the roasting procedure. Place the stock in a medium-sized saucepan. Mix 2 tablespoons flour with 1 cup skim milk, and add to turkey stock. Bring to a boil over low heat, stirring constantly. Continue to boil and stir until gravy is thickened. When heating or cooking your gravy, you may find that it is too thick or too thin. To thin the gravy down, add water, a little at a time, and stir. To thicken gravy, mix some flour with a small amount of cold water, place a few tablespoons of hot gravy into the flour/water mixture and stir quickly. Repeat this step a couple of times, and then add the mixture to the gravy slowly while stirring constantly. The gravy should thicken up without lumps. When gravy is done, taste it for salt, and add salt, if needed. The turkey stock is usually plenty salty. While hot, immediately pour into a gravy boat and serve. Yum!