

# Betty's Fat-Free Thanksgiving Turkey Gravy Recipe



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In this video, Betty demonstrates how to make fat-free gravy from the stock of her Thanksgiving Roast Turkey. This gravy is smooth, and does not contain giblets. If you want giblet gravy, cook the giblets (and neck) in salted water (which will make a nice turkey broth), and cool enough to chop into pieces and to remove meat from the neck. Stir as much of the chopped giblets into your finished gravy as you like. Heat to boiling, and then serve.

Ingredients:

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

1/4 cup cornstarch (have more available for adjusting thickness)

1 cup cold water (have more available for adjusting thickness)

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 1/4 cup cornstarch with 1 cup cold water, 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 cornstarch with a small amount of cold water, place a few tablespoons of hot gravy into the cornstarch/water mixture and stir quickly. Repeat this step a couple of times, and then add the mixture to the gravy. It 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!