

Betty's Southern Fried Chicken Gravy Recipe



Uploaded on 2 Mar 2009

In this video, Betty makes her famous, low-fat chicken gravy from the drippings left from Betty's Southern Oven-Fried Chicken recipe. The gravy is smooth and tasty and a perfect accompaniment to Betty's chicken.

Ingredients:

pan drippings left from oven-frying chicken breasts
1/2 cup flour
1 cup milk
1 1/2 cups water
salt to taste

Pour any grease that remains with the drippings in the chicken skillet into a jar to discard later. Add 1/4 cup flour to the remaining drippings. Immediately add 1 cup of water and stir the water and flour together before heating. Now, add 1 cup of milk, continuing to stir until all lumps are gone. At this point place the skillet over heat, cook and stir, and add an additional 1/2 cup of water as the gravy thickens. The gravy should be bubbly and smooth. Salt to taste. Cook the gravy long enough for the flour to get done. You can add water as needed if the gravy is too thick. This is a nice, chicken flavored, velvety gravy that I think you will love! Try it!

Menu suggestion: Serve this gravy with Betty's Southern Oven-Fried Chicken Breasts.