



Ultimate Meat Gravy

Great cooking juices created by our lovely organic meat

Serves: 4

Prepare: 1 Minute

Cook: 5 Minutes

Difficulty: easy

Ingredients

- Juices from cooking joint
- 1tbsp plain flour
- 1tbsp fresh rosemary, finely chopped
- 500ml [organic bone broth](#), either [beef](#), [chicken](#) or turkey
- Sea salt & cracked black pepper

Method

1. Drain the roasting juices from the joint and set the meat aside until ready to carve and serve. Pour the roasting juice into a small pan skimming away and discarding any excess cooking fat or oil.
2. Using a balloon whisk, combine the flour and juices into a smooth paste before placing over a low heat.
3. Sprinkle in the herbs and pour in the stock, whisking continuously for around 2 - 4 minutes until a smoothly glossy gravy has been created. Season as necessary before serving alongside your carved meat and vegetables.