



RICH TURKEY GRAVY

By Dr. Cindy Tanzar
(Standard)

Makes 20-21 servings. One serving is 1/4 cup. The protein and fat in each serving is minimal so don't worry about adding it to the checklist.



INGREDIENTS

5 cups turkey broth*
4 Tbs. Kerry Gold butter
1/2 tsp. xanthan gum, more if needed**
Pink Himalayan salt and freshly-ground pepper, to taste

DIRECTIONS

For the gravy, pour the turkey pan juices from crock pot or from oven-roasting into a glass measuring cup and skim off the fat.



If oven-roasting, place the roasting pan over burner on medium heat, adding back in the pan juice and turkey broth to equal 2 cups. Deglaze the pan, stirring to scrape any brown bits from the bottom.

Transfer broth to a large heavy saucepan, adding an additional 3 cups of turkey broth to equal 5 cups. Once the broth is hot, add the xanthan gum by sifting it over the broth, as it can clump otherwise. There is no need to heat it to activate the thickening properties. It will thicken as it sits. Let sit 5-10 minutes to see if more is needed. Add 1/8-1/4 tsp at a time. Add butter to gravy and stir until melted. Salt and pepper to taste.

*You can make your own easy turkey broth ahead of time (recipe on genesishhealthsolutions.net under Thanksgiving Turkey and Gravy), or purchase turkey (or chicken) bone broth instead. Regular broth will not be as flavorful.

**Always start with less xanthan gum, wait for it to thicken as it cools slightly, then see if you need more. If you thicken it too much, just add some more turkey broth.