

# Brown Gravy

Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.

**Yield: 2 cups**

*1/4 cup fat (drippings from a roast)*

*1/4 cup flour*

*2 cups liquid (water or meat or vegetable stock)*

*salt (to taste)*

*pepper (to taste)*

Always make the gravy in the pan in which the meat was cooked. When the meat is done, remove from the pan to a hot platter. Keep warm in the oven with the heat off or in a warming oven. Pour off the excess fat leaving 1/4 cup in the pan.

Add the flour and cook, stirring constantly, until the flour becomes brown BUT NOT BURNED. Remove the pan from the direct heat and add cool liquid. Return to low heat and cook, stirring constantly, until the gravy boils and thickens. Season to taste.

Variation - Milk Gravy: Use milk as all or part of the liquid. Serve with roast poultry, veal or pork (chops or cutlets).

Variation - Giblet Gravy: Add finely chopped, cooked, steamed or baked giblets to Brown or Milk gravy. serve with roast poultry.

Variation - Onion Gravy: Add 1/2 cup of raw sliced onion to the fat in the pan. Cook until clear and golden brown, stirring occasionally to prevent burning. Add flour and proceed as for brown gravy. Serve with roast beef, baked or fried liver or meat loaf.

Variation - Tomato Gravy: Use sieved, canned tomatoes or tomato juice as all or part of the liquid. Serve with roast beef, veal, lamb, pork, baked or fried liver, chops, cutlets or meat loaf.

To prevent the gravy from becoming lumpy, place cold water in a small container with a lid. Add the necessary flour and shake well. Pour the mixture into your gravy drippings and add the necessary vegetable water.

*Serve with roast beef, lamb, veal, pork, poultry, chops, baked or fried liver and meat loaf.*

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Per Serving (excluding unknown items): 114 Calories; trace Fat (2.5% calories from fat); 3g Protein; 24g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 1/2 Grain(Starch).