

## **Giblet Gravy**

Palm Beach Post

**Servings: 18**

**1 package turkey giblets and neck  
water  
1 celery heart  
1 bay leaf  
1/4 onion, peeled  
1/2 teaspoon poultry seasoning  
1/3 cup all-purpose flour  
1 teaspoon salt  
drippings from a roast turkey**

In a medium saucepan, cover the giblets (do not use the liver) and turkey neck with water.

Add the celery heart, bay leaf, onion and seasoning.

Bring to a boil, cover and simmer 45 minutes to one hour, or until the meats are tender. Strain into a bowl. Set the bowl of broth aside.

Remove all meats from the neckbone. Discard the bones.

Coarsely chop the meat and all the giblets. Place in a small bowl. Store in the refrigerator.

When the turkey is done, pour the drippings from the roasting pan into a large measuring cup or bowl (reserve the roasting pan for later use). Allow the drippings to stand for a moment - the fat will come to the surface.

Skim off 1/3 cup of the fat into a 2-quart saucepan. Set the saucepan aside. Skim and discard the remaining fat from the measuring bowl of drippings.

Add the reserved giblet broth in the bowl to the roasting pan. Stir to remove browned bits on the bottom of the pan.

Add the contents of the roasting pan to the bowl of drippings.

Add enough water to measure four cups of liquid.

Place the saucepan with the reserved fat over medium heat. Stir in the flour and one teaspoon of salt until blended. Gradually stir in the meat juice mixture. Cook, stirring constantly, until the mixture thickens.

Stir in the reserved giblets and neck meat. Cook 2 more minutes. Pour into a gravy boat.

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Per Serving (excluding unknown items): 9 Calories; trace Fat (2.8% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 119mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat.