

Caramelised Onion Gravy

Ingredients

- **1 onion**
- **1 tbsp butter**
- **½ tbsp caster sugar**
- **1 tbsp plain flour**
- **½ tsp mustard**
- **500ml vegetable stock**
- **1 tsp balsamic vinegar**
- **1 sprig thyme**
- **Seasoning**

Method

- **Peel onions and thinly slice**
- **Heat butter in frying pan**
- **Add the onions to a pan in medium heat and allow to soften**
- **Turn up the heat and sprinkle caster sugar over the onions**
- **Caramelize the onions**
- **Remove the pan from the heat and sprinkle the plain flour over the onions**
- **Add mustard**
- **Gradually add the hot stock**
- **Add balsamic vinegar and thyme**
- **Cook until you have the required consistency**
- **Season**
- **Serve**

Tips

- * ***If the gravy is too thick, add more stock***
- * ***If the gravy is too thin reduce on the stove until you have the correct consistency***
- * ***If in doubt, turn the heat down. Flour and sugar can burn quickly***

Poultry Gravy

Ingredients:

- **Roasted vegetables used when roasting poultry**
- **4 tomatoes**
- **½ tbsp tomato puree**
- **2 litres chicken stock**
- **Seasoning**

Method:

- **Roast poultry until cooked thoroughly**
- **Allow the poultry to rest in the roasting tin for 30 minutes**
- **Decanter off any fat from the roasting tin**
- **Place the roasting tin back on the stove and add tomatoes and tomato puree**
- **Colour the vegetables until brown**
- **Add the chicken stock**
- **Cook until the vegetables have softened, and the liquid has reduced slightly**
- **Pass through a conical strainer, remembering to push through as much of the vegetables as possible**
- **Season**
- **Serve**

Tips

- * **Keep the fat that you have strained for your roast potatoes**