AUSTRALIAN · SAUCE

Pan Juices Gravy for a Roast

50 min · Makes 15 × ¼ cup (60 ml) · 54 kcal a portion · Video 3:00 · Andy Cooks

No dairy listed · No nuts listed

A gravy made from the roast's own fat and browned bits with stock, not a packet mix: a ¼ cup has about 55 kcal and 3.5 g of carbs, and measuring the fat keeps it in check.

Diet notes: Paleo with a swap: arrowroot or tapioca flour instead of the plain flour.

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Ingredients 5 · MAKES 15 × ¼ CUP (60 ML)

- [ ] 2 oz **beef dripping** (fat poured off the same roast)
- [ ] 2 oz **plain flour**
- [ ] 4¼ cups **chicken or beef stock** (store-bought is fine)
- [ ] 2 sprigs **fresh rosemary** (strained out)
- [ ] **black pepper and salt**, to taste (the cook found it needed none)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Lift the roast out of the tray and pour off the fat and juices into a jug. Put the empty tray back in a hot oven (or over the stove) to heat up. 0:12
2. Heat 2 oz of the fat in a saucepan, whisk in the flour and cook, whisking, for 2–3 minutes to make a roux. 0:31
3. Pour the stock into the hot roasting tray and whisk to lift all the browned bits off the bottom. 0:54
4. Add the stock to the roux about a third at a time, whisking until smooth and thickened before adding the next lot. Drop in the rosemary sprigs. 1:12
5. Simmer gently for 20–40 minutes, stirring now and then, until it is as thick as you like but still pourable. Shake it through a sieve (don't push it), taste and season only if needed. 1:42

> **Tip** Makes about 3¾ cups (our estimate: 15 portions of ¼ cup). The dripping comes from your roast, so there's none to buy. Works with turkey or chicken juices too. For gluten-free, thicken with cornflour instead of flour.

The method is a summary in our words — the video shows every step.

One portion, ¼ cup (60 ml), gives you 1 OF 15 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
54 kcal	0.7 g	3.6 g	0.1 g	4.1 g	170 mg
230 kJ	1% of a day	3.5 g net · 0.3 g sugars	0% of a day	2 g saturated	7% of a day
		1% of a day		5% of a day	

Energy from net carbs 26% · protein 5% · fat 69%

Recipe and video: Andy Cooks (@andy_cooks) on YouTube — youtube.com/watch?v=mHmoPzaWl6g, published 6 December 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pan-juices-roast-gravy