Pan Gravy from a Roast

A skimmed-fat gravy from roast drippings, thickened without a butter roux.

Servings: about 2 cups (8 servings of 1/4 cup)
Time: about 15 min
Pairs with: Prime Rib

Ingredients

- Drippings from a beef or chicken roast
- 2 cups low-sodium beef or chicken broth (or as needed)
- 2 tbsp whole-wheat flour or 1 1/2 tbsp cornstarch
- 1/4 cup cold water (only if using cornstarch)
- 1/2 tsp dried thyme or 1 sprig fresh
- 1 tsp low-sodium soy sauce or Worcestershire
- Black pepper to taste

Directions

1. Pour the drippings into a fat separator or a glass measuring cup. Let it sit 5 minutes so the fat rises, then pour off and discard the fat, keeping only the brown juices. Keep 1 tbsp of fat at most.
2. Put the roasting pan over medium heat. Add 1/2 cup of the broth and scrape up the browned bits with a wooden spoon.
3. Pour that into a saucepan with the separated juices and the rest of the broth, enough to make 2 cups total. Add the thyme and bring to a simmer.
4. With flour: whisk the flour into 1/4 cup of the broth until smooth, then whisk it into the pan. With cornstarch: mix the cornstarch with the cold water, then whisk it in.
5. Simmer 3 to 5 minutes, whisking, until thick. Add the soy sauce and pepper, and taste before adding any salt.

Notes

You skim off the fat and skip the butter roux, which takes out most of the saturated fat but keeps the flavor. Stick to 1/4 cup per plate.