

Simple Meat Gravy

Unit: The unit used for the meat

Crispy meat residue in the pan from cooking meat

Cornstarch (or arrow root powder)

Whole Milk

Combine 2 heaping teaspoons of cornstarch with a few tablespoons of water in a small glass and stir it until it becomes thick. Remove the meat from the skillet when it is finished frying and pour 1/2 - 1 inch of milk into the unit.

Turn the heat on medium-high and cook it while stirring with a metal spoon. Salt to taste. Once the milk is bubbling thoroughly, pour the cornstarch mixture into the skillet and continue stirring until it has thickened. You can add more cornstarch if you want it thicker.



HEALTH QUEST