



# Gluten Free Brown Gravy

SERVINGS: 6-8

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

## Ingredients

### For the Béchamel Sauce:

4 tablespoons unsalted butter  
1/4 cup all-purpose flour  
4 cups whole milk (or a combination of milk and cream for extra richness)

1 tablespoon chicken bouillon granules (or 1 chicken bouillon cube, dissolved in a bit of water)

2 cloves garlic, minced  
1/2 teaspoon cracked black pepper (or to taste)

Salt (to taste)

### Cheese Mixture (choose six):

1 cup shredded sharp cheddar cheese

1 cup shredded muenster cheese

1 cup shredded Gruyère cheese

1 cup crumbled provolone

1 cup shredded Monterey Jack cheese

1 cup smoked Gouda

(Adjust amounts based on preference and availability)

## Directions

### 1. Prepare the Stock:

- If using homemade poultry stock, heat it in a saucepan over medium heat. If using store-bought, ensure it's gluten-free and heat it in a saucepan.

### 2. Sauté the Aromatics (Optional):

- In another saucepan, melt the butter or heat the olive oil over medium heat.

- Add the chopped onion (if using) and sauté until translucent, about 4-5 minutes.

- Add the minced garlic and cook for an additional 1-2 minutes until fragrant.

### 3. Combine and Thicken:

- In a small bowl, mix the cornstarch and cold water to create a slurry. Make sure there are no lumps.

- Gradually add the slurry to the heated poultry stock while whisking continuously to prevent lumps from forming.

- Continue to whisk until the gravy thickens, approximately 5-10 minutes.

### 4. Season the Gravy:

- Add salt, pepper, and any fresh herbs you desire. Taste and adjust the seasoning as needed.

### 5. Serve:

- Once thickened to your liking, remove from heat and serve hot over your favorite poultry dish, mashed potatoes, or stuffing.



Executive Chef Jeff Johnson

3j's Catering  
3jscatering.com  
571-373-7607

