

Lemon Pepper Cream Gravy



Plan Z Phase: This is a Z2 (ZReduction) recipe.

Serving Size: 2 – 3 Tablespoons of gravy is the maximum for 1 serving. This will make approximately 1 cup of gravy.

Ingredients:

- 1 cup of chicken/turkey drippings. (This is the juice left in the bottom of the pan after roasting the chicken/turkey)
- $\frac{1}{2}$ cup of cream
- juice of one lemon (or to taste)
- grated sea salt and pepper to taste

Instructions:

In a sauté pan, turn the chicken/turkey juices in the bottom of the roasting pan up to high to get them to begin to boil. Turn down to medium-high or to a point where the juices continue to bubble but do not boil over.

Add the cream and lemon juice. Stir to incorporate. Continue to stir and keep the gravy bubbling. The boiling will cause the cream to thicken the gravy. Season with salt and pepper. When

the gravy gets to a consistency you like, turn it off and serve.

Variations:

I use this gravy style with all kinds of meats. Pork, Beef, chicken, Turkey etc. Anything that leaves juices in the bottom of the roasting pan is a candidate. The rule of thumb is 2:1. Twice as much juice to the amount of cream. So when I take out a pork roast I might only have a quarter cup of juice in the pan. So I add a few tablespoons of cream and make a bit of gravy. Get the idea?

If there is too much juice then just pour some out before adding the cream. When in doubt, measure the juice before you decide how much cream to add.

You do not need to add any citrus. For most meats, I do not. The lemon pepper cream tastes particularly delightful with chicken or turkey. It makes it very special.

Enjoy!

Cheers,