



'Jus' gravy

This jus makes a delicious replacement for gravy but does not contain any flour or corn flour as a thickener, making it a healthy and tasty alternative.

Make it as a replacement for your gravy with your weekend roast beef. Why not make extra and use it as a sauce on steak?

Ingredients

- 1 glass of red wine
- several rosemary sprigs
- crushed garlic

Serves 2

Method

1. Pour a glass of red wine into a saucepan
2. Drop in some rosemary sprigs and crushed garlic, and let it simmer til it reduces to about half that
3. When the beef is cooked and removed from the tray, tip the roasting tray up and let the fat come to the top, then skim it off with a tablespoon
4. Add a little water to the juices then scrape the beef sediment from the tray and stir it into the liquid
5. Pour this into the red wine and herb mix, and bring to the boil
6. Simmer for a few mins before straining it into a jug



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