



greystone
CHIROPRACTIC

INSTANT POT GRAVY

3 Tbls	Butter
3 Tbls	Flour or Cornstarch
2 Cups	Turkey Stock (we'll use the stock we made while we cooked our turkey breast.) If you don't have enough you can add additional broth or stock or top it off with some filtered water.
Optional	Chopped hard boiled egg
	Chopped Turkey or Chicken
	Giblets (cooked) (If you don't know what giblets are, you probably don't want to know.)

DIRECTIONS

1. **Start with a Roux:** All gravy and most sauces start with a roux which is basically equal parts fat and flour or cornstarch. Press the Instant Pot **Saute** button. When it says "HOT" you're ready to start. To make a roux, melt butter over medium heat until it's foamy. Sprinkle flour/cornstarch over it and stir it until it is lightly browned (for gravy barely brown works). This cooks the flour. If you skip this your gravy will taste like glue and nobody likes gluey gravy.
2. **Quick Release Pressure:** When the beans are "done", release the pressure "Quickly" (in other move the pressure valve to "Venting". BE CAREFUL THE STEAM WILL BURN YOU. This is often referred to in recipes as QR). Open the lid carefully.
3. **Serve:** Serve or leave the beans in the instant pot and press **Cancel/Warm** to keep them warm.