

# Ultimate Gravy

When I first moved to the UK I had never tried gravy before but once I did, I was completely converted. I have since made it my mission to create the best gravy recipe which I'm going to share with you now!

## Ingredients

1kg chicken wings  
4 celery sticks, roughly chopped  
3 carrots, peeled and roughly chopped  
2 brown onions, roughly chopped  
10 garlic cloves  
2 tbsp olive oil  
3 sage leaves  
a handful of thyme  
4 tbsp plain flour

## Method

- Preheat the oven to 180°C / 160°C with a fan.
- In a large baking pan, add the chicken, celery, carrots, onions, and garlic cloves.
- Add a good pinch of salt and black pepper. Drizzle the olive oil all over and mix well. Add the sage and thyme.
- Place the pan in the oven and cook for 1 hour.
- Remove the pan from the oven and place it on the stove. Mash everything with a potato masher. Turn the heat up high and cook for 10 minutes.
- Boil 2L of water in a kettle.
- Sprinkle the flour evenly over the chicken and vegetables to thoroughly coat them. Add the water and stir through.
- Turn the heat down low and let it simmer for 30 minutes.

– Place a colander over an empty pan and ladle the stock into it to remove any large chunks.

You can use it straight away or store it in the fridge for whenever you need it!