



BADASS GRIDDLING SAUCES

18 Sauces to Spice Up Your Outdoor Party



By Nova Mundo Kitchen

Table of Contents

| | |
|---|----|
| 1) Aji Verde (Peruvian Green Sauce) | 5 |
| 2a) CHIMICHURRI | 8 |
| 3) Curry-Mustard Mayonnaise | 10 |
| 4) CREAMY GREEN SAUCE | 11 |
| 5) Memphis BBQ Sauce | 13 |
| 7) Piri Piri Sauce with Bell Pepper and Paprika | 15 |
| 8) Alabama White BBQ Sauce | 17 |
| 9) Lemon Pickled Garlic | 19 |
| 11) Molasses Barbecue Sauce | 21 |
| 13) Bacon-Shallot Gravy | 25 |
| 14) Honey-Chipotle sauce | 27 |
| 15) Balsamic Benihana sauce | 28 |
| 16) Scallion Sauce | 30 |
| 17) Cranberry Sauce | 32 |
| 18) Sweet Potato Chutney | 35 |
| IMPORTANT NOTE: | 36 |
| How to Make Perfect Gravy Every Time | 37 |
| 19) Best Turkey and Chicken Injection Recipes for BBQ, Smoking, and Grilling | 40 |
| 20) THE ULTIMATE GRILLED VEGETABLE TRAY | 44 |

INTRODUCTION

If you are like me, you will definitely want to be the king of outdoor barbecues. What could be better than knowing that the whole neighborhood envies you when you light up your flat top for another legendary barbecue. It happens that the neighbors wonder what your secret to so much success is. All your guests will want to know your recipe that amazed and delighted them. When it comes to grilling, it is seldom a question of recipes for meat or fish or vegetables and potatoes, but rather of the sauce that knocked their socks off. In other words, that sauce that made your grill irresistible. That sauce that nobody knows the recipe for, in fact, your secret recipe! I have listed 18 sauces that have made me famous for my barbecues and made my guests eat more than desired.

Try them until you find your secret sauce. Be creative, add or change ingredients to your liking, and use my recipe as a tried and trusted basis to create your own killer sauce.

Do you have any idea how impressed your neighbors will be when they find out you're the kind of person who makes your own condiments? That's a hallmark of sophistication. You want all your new friends to know straight off the bat that you're one classy sonofabitch, don't you?

I am sure you will succeed if you dedicate yourself passionately to the art of sauces.

Bon Appetit



1) Aji Verde (Peruvian Green Sauce)

It can be served with any protein or vegetable

INGREDIENTS:

½ large red onion, diced

2 limes

2 cups cilantro

½ cup mint (or huacatay if you can find it)

2 cloves garlic, crushed

6 aji Amarillo (substitute 2 tablespoons aji amarillo paste, or use a few serrano peppers)

1 egg yolk

½ cup olive oil

Place the diced red onion into a bowl and squeeze the 2 limes over it. Stir and let sit for 20 minutes. The goal here is to cut some of the harshnesses of the onion with the lime juice while still getting some of that red onion flavor.

If using fresh peppers, chop them coarsely and include the seeds and all.

In a food processor or blender, add the cilantro, mint, garlic, red onion mixture, and aji amarillo (or serrano, or aji paste). Pulse until coarse, scraping the sides of the food processor to ensure it's evenly mixed.

Next, add the egg yolk and blend while slowly pouring in the olive oil. Salt and pepper to taste. Garnish with more mint.



2) CHIMICHURRI

1 bunch flat-leaf parsley
8 cloves garlic, minced
3/4 cup extra virgin olive oil
1/4 cup red wine vinegar
1 lemon wedge (juice of)
1 tablespoon diced red onion
1 teaspoon dried oregano (optional)
1 teaspoon black pepper
1/2 teaspoon salt

DIRECTIONS

Pulse parsley in a processor to chop.
Add remaining ingredients and blend.
Separate sauce into equal parts.

(Use half for basting or marinade). (Use the other half for table service)



2a) CHIMICHURRI

Authentic Chimichurri from Uruguay & Argentina is the best accompaniment to any barbecued or grilled meats! Also used to serve as a dressing on salads

INGREDIENTS

1/2 cup olive oil

2 tablespoons red wine vinegar

1/2 cup finely chopped parsley

3-4 cloves garlic , finely chopped or minced

2 small red chilies , or 1 red chili, deseeded and finely chopped (about 1 tablespoon finely chopped chili)

3/4 teaspoon dried oregano

1 level teaspoon coarse salt

pepper , to taste (about 1/2 teaspoon)

INSTRUCTIONS

Mix all ingredients together in a bowl. Allow to sit for 5-10 minutes to release all of the flavors into the oil before using. Ideally, let it sit for more than 2 hours, if time allows.

Chimichurri can be prepared earlier than needed and refrigerated for 24 hours, if needed.

Use to baste meats (chicken or steaks) while grilling or barbecuing. We don't use it as a marinade, but choose to baste our meats with chimichurri instead. However, you can use it as a marinade if you wish. Also, add a couple of tablespoons over your steak to serve.

Some tips:

Finely chop your parsley before you start. I usually get a large handful, wash and finely chop, then measure. (I don't measure, I eye-balls, but you get the idea.) If you don't have enough, grab a bit more, and chop again until you have the right amount.

If you like the strong flavor of garlic, use 4 cloves, If you like milder garlic, start with 2 cloves; mix it all in and allow to sit for a few minutes. Then, taste test. If you'd like more, add more.

Chimichurri can be adjusted to your taste. Add more salt, more pepper, less or more chili. It's up to you. This is my grandfather's version and one we love. We hope you love it too!

Fresh red chili is optional. We use a whole large chili, but you can use half, or none at all. You can also substitute it with 1-2 teaspoons of dried red chili flakes.

Red wine vinegar is the best vinegar for chimichurri. Use lemon juice as a substitution. We don't recommend balsamic or white vinegar.



3) Curry-Mustard Mayonnaise

Ingredients

1 cup mayonnaise

½ cup Dijon mustard

2 tablespoons yellow mustard

2 teaspoons soy sauce

2 teaspoons curry powder

Step 1

In a medium bowl, whisk all of the ingredients together until smooth.

Make Ahead

The mayo can be refrigerated for up to 1 week.



4) CREAMY GREEN SAUCE

Originally from Peru

Tips and substitutions

You can leave the mayo out of the green sauce. Just use more Greek yogurt in its place or swap in some sour cream or Mexican crema.

If you aren't sure if the chicken thighs are cooked, use a meat thermometer to measure the internal temperature. Boneless chicken thighs are fully cooked when their internal temperature reads 165°F.

If you really like spice, substitute the jalapenos in the green sauce for serrano peppers.

If the green sauce is too spicy, use only 1 or 2 jalapenos and make sure to remove the seeds and veins from inside the pepper first.

You can make this recipe with a whole chicken, breasts, legs, wings, or any cut of chicken you prefer.

Make the green sauce with ajî Amarillo (Peruvian yellow pepper) paste instead of jalapenos for a more authentic flavor.

Green Sauce:

3 jalapeños (seeded, ribs removed and roughly chopped)

1 cup fresh cilantro leaves

2 green onions (chopped (green parts only))

2 cloves garlic (peeled)

1/2 cup mayonnaise

1/4 cup Greek yogurt

1 Tablespoon lime juice

1/2 teaspoon salt

1/4 teaspoon black pepper

2 Tablespoons extra virgin olive oil

Combine all ingredients except the olive oil in a blender process until smooth. With the motor running, slowly drizzle in olive oil. Transfer to a bowl and refrigerate until ready to serve.



5) Memphis BBQ Sauce

Ingredients:

2 cups ketchup

1/2 cup brown sugar

1/4 cup cider vinegar

1/2 teaspoon cayenne pepper

1 tablespoon onion powder

1/2 teaspoon celery seed

1 teaspoon salt

2 teaspoons garlic powder

1/2 cup prepared yellow mustard

1 tablespoon chili powder

1 tablespoon ground black pepper

2 teaspoons liquid smoke

3 tablespoons Worcestershire sauce

2 tablespoons canola oil

DIRECTIONS

Combine all the ingredients except for oil.

Bring to a low boil, stirring often.

Using a splatter screen, reduce heat and simmer for 25 minutes, stirring occasionally.

Remove from heat and whisk in oil until blended.

Store in a sealed container in refrigerator.

READY IN: 40mins

YIELDS: 3 cups



7) Piri Piri Sauce with Bell Pepper and Paprika

Piri-piri, peri-peri or peli-peli is the name used in Portuguese and a number of African languages to describe the African bird's-eye chili. The variations in spelling derive from the various pronunciations of the word in parts of Africa, although **'piri-piri' is the correct spelling in Portuguese.**

Piri piri simply means "pepper pepper" in Swahili. The pepper that piri piri sauce comes from, the Birdseye chili, **originally came from the Americas** (as do all chili peppers). It was brought to Spain and Portugal in the wake of Christopher Columbus' voyages.

Ramires restaurant started life as a small café back in 1964 until owner **Jose Carlos Ramires** came up with the spicy recipe, using piri piri chillis, oil, garlic and a few other secret ingredients – the original piri piri chicken.

Ingredients

2 tablespoons extra-virgin olive oil

1 large red bell pepper, seeded and finely chopped

1/2 onion, finely chopped

3 fresh red chilis, such as cayenne—stemmed, seeded and finely chopped

3 Thai chilis, finely chopped 1 tablespoon fresh lemon juice

3 garlic cloves, minced 1/4 cup water

1 tablespoon sweet smoked paprika Kosher salt

2 tablespoons red wine vinegar Freshly ground pepper

Step 1

In a large skillet, heat the olive oil until shimmering. Add the bell pepper, onion, cayenne chilis, Thai chilis, garlic and paprika and cook over moderate heat, stirring occasionally, until the vegetables are softened, about 12 minutes.

Step 2

Scrape the mixture into a blender and let cool slightly. Add the vinegar, lemon juice and water and puree until almost smooth. Season the sauce with salt and pepper and transfer to a bowl. Let stand at room temperature for about 1 hour before serving.

Make Ahead

The sauce can be refrigerated for up to 4 days. Let return to room temperature before serving.

Active:

30 mins

Total:

1 hr 30 mins

Yield:

about 1 1/4 cups



8) Alabama White BBQ Sauce

Beef rules in Texas barbecue, pork ribs is the preferred protein in Memphis and Kansas City, and pork shoulder is a religious deity in the Carolinas. Barbecued chicken, however, gets short shrift (unless you count the gunk on bespoke California pizzas, which you shouldn't). That is, unless you find yourself in northern Alabama, our nation's beating heart of smoked chicken culture.

On my only trip to Decatur, Alabama, I made the pilgrimage to where all who visit Decatur must go, no exceptions: the fabled Big Bob Gibson BBQ. It is home to a specific variant of smoked chicken that's become so influential within barbecue circles, this restaurant alone is credited for spawning an entire regional style. Alabama white barbecue sauce is Big Bob Gibson's; Big Bob Gibson's is Alabama white barbecue sauce.

In 1925, Robert Gibson was an employee for a railroad company. Looking for extra income to feed his six children, he turned his home outside Decatur into a farm. On weekends, Gibson and his wife would cook pork over hickory wood

on a red clay pit, the smell wafting to nearby homes and drawing the curiosity of neighbors. "Big Bob" soon left his job as a railroad worker and set his sights as a full-time restaurateur.

One of the most popular menu items was Gibson's barbecued chicken, which is seasoned simply with salt, pepper, and basting oil and smoked over hickory for three hours. It's been the same method of preparation for 92 years. I was lucky to receive a tour of the smokehouse and witnessed an application of chicken I've never seen before: the butterflied poultry went straight from the pit and dunked into a beer cooler filled with a creamy, black pepper-flecked white sauce.

Big Bob Gibson's original Bar-B-Que white sauce

Makes 4 cups

Ingredients:

2 cups mayonnaise

1 cup distilled white vinegar

1/2 cup apple juice

2 tsp. prepared horseradish

2 tsp. ground black pepper

2 tsp. fresh lemon juice

1 tsp. salt

1/2 tsp. cayenne pepper

In a large mixing bowl, combine all the ingredients and blend well. Use as a marinade, baste, or dipping sauce. Store refrigerated in an airtight container for up to two weeks.



9) Lemon Pickled Garlic

Ingredients:

3 bulbs garlic, peeled and sliced (around 1/2 cup; don't worry about an exact measurement)

1 medium lemon

White wine vinegar

1/3 cup water

1 1/4 tsp. kosher salt

1/4 tsp. freshly cracked pepper

1/2 tsp. red chili flakes (Use more, less, or none, depending on your tolerance for spicy foods)

2 tsp. fresh oregano leaves, or 3/4 tsp. dried (or any herb you like)

Use a vegetable peeler to remove long strips of zest from the lemon, then cut the zest lengthwise into thin matchsticks. Layer into an 8-ounce jar with the garlic, chili flakes, and oregano leaves.

Note: Occasionally, mixing garlic with an acidic liquid will turn it blue, and that's totally okay! It's a chemical reaction that can occur when garlic's sulfur compounds react with amino acids. It will not affect the flavor and is entirely safe to eat. As the pickles age, the color will fade away.



11) Molasses Barbecue Sauce

Ingredients

- 1/2 cup ketchup
- 1/3 cup dark brown sugar
- 1/4 cup unsulfured blackstrap molasses
- 1/4 cup apricot preserves
- 2 tablespoons yellow mustard
- 2 tablespoons apple cider vinegar
- 2 tablespoons vegetable oil
- 1 garlic clove, minced
- 1 1/2 teaspoons chile powder
- 1/2 teaspoon freshly ground black pepper

1/2 teaspoon hot sauce

Pinch of ground cloves

Pinch of ground allspice

Salt

Step 1

In a medium saucepan, combine all of the ingredients except the salt with 1/2 cup of water and bring to a boil, stirring well. Let cool and season with salt.

Make Ahead

The barbecue sauce can be refrigerated for up to 1 week.



12) Golden Garlic Toum

Toum is just like any other condiment, except that it's much, much better. Though it's typically made from whipped raw garlic, this recipe calls for cooking most (or all) of the garlic in olive oil in order to mellow out the flavors a bit. Try adding a dollop of toum atop your grilled chicken, or use it in place of mayonnaise on sandwiches, or even smear it under the skin of a chicken before roasting. This creamy and so garlicky that it might just steal the show, and you'll be glad when it does.

Ingredients:

1 1/2 cups large peeled garlic cloves (between 45-50)

1 1/2 cups extra virgin olive oil

1 1/2 cups good neutral oil, like canola or grapeseed

Juice of 1 extra-large lemon (about 3 Tbsp.)

1/4 cup cold water

1 1/2 tsp. salt, plus more to taste

3/4 tsp. freshly cracked black pepper, plus more to taste

Put two-thirds of the garlic cloves in a small saucepan, then add enough canola oil just to cover. Put over high heat just until it starts to bubble, then drop the heat down to low and cook for 15 minutes until the cloves are soft and golden. Pour the oil from the saucepan into a large liquid measuring cup with the rest of the oil (both the olive oil and the neutral oil), and stick in the freezer for 10 minutes. This will help the oil thicken up a bit, which will help you make a smooth emulsion that will resist breaking.

Put the cooked cloves and remaining raw garlic in a food processor with the lemon juice, cold water, salt, and pepper. Pulse into a rough paste, scraping down the sides of the bowl occasionally to ensure there are no big chunks. With the processor running, slowly stream in 1/2 cup of oil, then once again scrape the sides and bottom of the food processor to make sure anything that's solid isn't sticking. Turn the processor back on, and slowly drizzle in the remaining oil. The toum should be smooth and thick, like a rich mayonnaise.



13) Bacon-Shallot Gravy

This delicious gravy is an excellent make-ahead recipe since it doesn't require drippings from a roast turkey or chicken.

Ingredients

2 tablespoons extra-virgin olive oil

1/4 pound thick-cut bacon, finely chopped

1 cup minced shallots (2 large)

1 large thyme sprig

Kosher salt

1/3 cup all-purpose flour

1/2 cup dry white wine

4 cups turkey or chicken stock

1/4 teaspoon sweet paprika

2 tablespoons unsalted butter

Pepper

Directions

Step 1

In a large skillet, heat the olive oil. Add the bacon, shallots, thyme and a generous pinch of salt and cook over moderate heat, stirring occasionally, until the shallots are browned and the bacon is nearly crisp, about 10 minutes.

Step 2

Sift the flour into the skillet and stir it in until completely absorbed. Stir in the wine and cook until thick, 1 minute. Gradually stir in the stock, then stir in the paprika and bring to a boil. Simmer the gravy over moderate heat, stirring occasionally, until no floury taste remains and the gravy is reduced to 3 1/2 cups, 10 minutes. Discard the thyme sprig. Remove from the heat and stir in the butter. Season the gravy generously with salt and pepper and serve hot.

Make Ahead

The gravy can be refrigerated for 3 days. Reheat gently; stir in a few tablespoons of water if the gravy is too thick.



14) Honey-Chipotle sauce

Approx. 1 serving:

3 Tbsp. wildflower honey

1/2 tsp. sauce from one can chipotles in adobo

Short squirt of ketchup, maybe 1/2 tsp.

Salt to taste

Over medium-low heat, stir together 1 Tbsp. honey and 2 Tbsp. water in a small pan until honey dissolves. Add remaining 2 Tbsp. honey, stirring. (Adding the honey in stages helps it more easily dissolve.) Scoop some of the chipotle peppers and their sauce from the can into a mesh strainer over the pan, crushing the peppers to extract a 1/2 tsp. of liquid. Squirt in a quick fsshhht of ketchup, stir contents of the pan, and add salt to taste. Remove from heat, let cool slightly, and drizzle over fried foods.



15) Balsamic Benihana sauce

Here's how you make Benihana's garlic butter sauce:

Two sticks of butter

Hella garlic, like 3-4 bulbs

1/2 cup whipping cream

Soy sauce

1. Separate garlic cloves from bulb, put in a bowl and pour hot water over to cover cloves (makes it easy to peel later)
2. Gently melt butter over low heat in sauce pan; remove from heat.
3. Meanwhile, whip whipping cream until it starts to thicken and increase in volume, but can't quite keep a peak yet; pour into melted butter and fold in
4. Peel your garlic, make your kids help
5. Put garlic in blender, add enough soy sauce to just barely cover the garlic

6. Blend until smooth
7. Add to butter, mix until smooth
8. Optional—add a splash of lemon juice if that's your business (I skip this)
9. Season with S&P, you won't need much of either.

Done.

Guys, this is a lot of garlic. Like, a lot. Fortunately, I love garlic so I don't mind it one bit, but seriously, this will punch you in the mouth a little bit (or a lotta bit). You'll also notice this recipe requires a lot of butter. In fact, when you refrigerate the leftovers of this, it sets up like a compound butter. And compound butters are awesome, especially during grilled vegetable season. During the summer I'll find myself eating grilled vegetables a few times a week not just because they're tasty, but because they're mindless. And to keep them from getting boring, I like tossing them in a little bit of compound butter before they go on the grill, then throwing a little pat on top once they come off to counteract any nutritional benefit the vegetables might have.

For this interpretation, I decided to use balsamic vinegar instead of soy sauce, because I like a little acid on my vegetables. The sauce is thick and viscous, which makes it cling to even the flimsiest of vegetables (that's right, asparagus, I'm talking to you). As it grills, the raw garlic cooks right along with the vegetables. This recipe makes a solid pint of "Benihana sauce," which you can keep in your fridge or freezer for whenever you need to make something mindless absolutely magical.



16) Scallion Sauce

Top your burger—or just about anything else—with Scallion Sauce



This sauce brings a ton of flavor to anything it touches, adding a pop of brightness to chicken, tofu, and, as pictured, plant-based burgers.

Scallion Sauce

2 large bunches of scallions (about 12)

3 cloves garlic, thinly sliced

1/4 cup apple cider vinegar

1/4 cup water

1 Tbsp. honey

2 tsp. kosher salt

3/4 tsp. freshly ground pepper

1-3 jalapeños, seeded and minced (Use more or less depending on your tolerance for spicy foods)

1 teaspoon ground coriander

2 Tbsp. olive oil

Additional salt and pepper, to taste

Trim the ends off the scallions, then cut in half to separate the white and green halves and set the greens aside. Thinly slice the whites and put them in a small bowl with the sliced garlic. In a small saucepan or microwave-safe container, combine the apple cider vinegar, water, honey, kosher salt, and pepper. Heat until the mixture begins to simmer, stir well, and pour over the scallion whites. Cover the bowl and set aside for at least 10 minutes.

Slice the scallion greens into 1/2" pieces. (These don't have to be perfect.) Put into a small mixing bowl with the minced jalapeño, ground coriander, olive oil, and a hefty pinch of salt. Use a small mesh strainer to drain the scallion whites, gently pressing down to squeeze out any excess pickling liquid. Add the scallion whites to the greens, mix well, cover, and allow to rest for a minimum of 30 minutes to allow the flavors to meld. (The longer this sauce sits the better it tastes.) Before serving, taste the sauce for seasoning, adding more salt and pepper as you see fit. Use it on top of burgers, chicken, tofu, or just about anything else.



17) Cranberry Sauce

This homemade cranberry sauce is classic. Made from fresh or frozen cranberries and ready in 20 minutes,

| | |
|------------|------------|
| PREP TIME | 20 mins |
| 5 mins | SERVINGS |
| COOK TIME | 9 servings |
| 15 mins | YIELD |
| TOTAL TIME | 2 1/4 cups |

Note:

The recipe calls for a cup of water. You can easily substitute that with 1/2 cup of orange juice and 1/2 cup of water if you want to increase the orange note in the sauce (cranberries and oranges play well together!)

You can also reduce the sugar if you want. Start out with half as much and add more if you think it needs it. If you use less sugar, reduce the amount of water you add as well.

Ingredients

1 cup (200g) sugar

1 cup (250ml) water

4 cups (one 12-ounce package) fresh or frozen cranberries

Optional: pecans, orange zest, raisins, currants, blueberries, cinnamon, nutmeg, allspice

Rinse cranberries:

Place the cranberries in a colander and rinse them. Pick out and discard any damaged or bruised cranberries.

Boil water with sugar:

Put the water and sugar in a medium saucepan on high heat and bring to a boil. Stir to dissolve the sugar.

A dutch oven with simmering water and sugar to make homemade cranberry sauce recipe.

Add cranberries, cook until they burst:

Add the cranberries to the pot and return to a boil. Lower the heat and simmer for 10 minutes or until most of the cranberries have burst.

Fresh cranberries in a dutch oven to make a cranberry sauce recipe.

Fresh cranberries in a dutch oven to make a cranberry sauce recipe.

Stir in mix-ins, if using:

Once the cranberries have burst you can leave the cranberry sauce as is, or dress it up with other ingredients. We like to mix in a half a cup of chopped pecans a pinch or two of orange zest.

Some people like adding raisins or currants, or even blueberries for added sweetness. You can also add holiday spices such as cinnamon, nutmeg, or allspice. If adding spices, start with a pinch of each and add more to your taste.

Let cool:

Remove the pot from heat. Let cool completely at room temperature, then transfer to a bowl to chill in the refrigerator. Note that the cranberry sauce will continue to thicken as it cools.



18) Sweet Potato Chutney

Ingredients:

2 large onions, diced into 1/4" pieces

6 cups cubed sweet potatoes—about 3 large potatoes, cut into 1/2" cubes

1 Tbsp. + 2 tsp. garam masala

1 Tbsp. freshly grated ginger

1 3/4 tsp. kosher salt

1/2 tsp. black pepper

1 1/4 cup light brown sugar, packed

1 1/2 cup apple cider vinegar

1/3 cup dried cherries

1/2 cup shelled pumpkin seeds, toasted

Heat a few tablespoons of a neutral oil—like canola or grapeseed—in a large pan over high heat until it shimmers. Add the onions with a hefty pinch of salt and fry for a few minutes until they begin to singe a bit, then reduce heat to medium-low and cook, stirring occasionally, until a deep shade of caramelized brown—about 20 minutes. If at any point the onions look like they're drying

out or burning, add a few tablespoons of water to deglaze the bottom of the pan, using a wooden spoon or spatula to loosen up any stuck pieces.

When the onions have caramelized, add the garam masala and ginger and cook on high heat for a minute or so until they become intensely fragrant. Add the sweet potatoes, salt, pepper, and sugar, stirring well to coat the potatoes in the onions and spices. Add the dried cherries and apple cider vinegar and bring to a boil, then cover and reduce heat to medium low. Allow the sweet potatoes to simmer for 40-50 minutes, stirring occasionally until the sweet potatoes are tender and the chutney is rich and syrupy. Chop the pumpkin seeds finely and stir them into the chutney.

IMPORTANT NOTE:

As I said in the beginning, BE CREATIVE! Any chef will add or change some ingredient to make it its own, do the same, taste it and make it better.

Read the next chapter to become the sauce king.



How to Make Perfect Gravy Every Time

Fat, flour, and liquid is all you really need for a gravy recipe

What Is Gravy Anyway

At the most basic level, gravy is a simple pan sauce that requires liquid and a thickener. Traditional turkey gravy usually has fat, flour, and stock. You can make an excellent turkey gravy with just those ingredients, plus salt and pepper for seasoning. The flour and fat make a roux, which thickens the stock to spoon-coating consistency. A traditional roux goes for a roughly equal amount of flour and fat, but gravies often call for a bit more flour than that, to thicken the gravy more. (The classic ratio for gravy is three-two-one—three tablespoons flour, two tablespoons fat, and one cup of hot stock.) You can add other flavors to the mixture, or swap out the stock for other liquids, or use cornstarch rather than flour. But the backbone of the sauce is a flavorful liquid plus a thickener to up the liquid's viscosity.

Fat Goes First

To build a gravy, the first thing that goes in the pan is fat. If you have drippings from your turkey at the bottom of the roasting pan, you can use that. For a gravy that serves about 16 people, our Associate Food Editor Kelsey Youngman recommends a quarter cup of drippings for the gravy. If you don't have that

much, or any at all, you can supplement or substitute other fats for the drippings. Bacon grease is a great choice, like in this bacon-shallot gravy, or you can use melted butter or oil. Warm the fat in the saucepan you'll be using for the gravy over a medium-low heat.

Think About Aromatics

If you want to add an extra element to your gravy, like sweet onions and garlic or mushrooms and herbs, now is the time. Cook the vegetables in the hot fat until they've softened, and onions have just started to brown around the edges. You don't have to add anything extra to your gravy if you don't want to, but this is the window to add extra herbaceous or onion-y notes.

Choose Your Thickener

If you're using flour as your thickener, this is the step to add it. To avoid lumpy gravy [\[link when lump gravy story is live\]](#), use a fine-mesh sieve to sprinkle the flour over the fat or drippings and the cooked vegetables, if you're using them. Youngman's recipe calls for 7 tablespoons of flour to 1/4cup of fat, just shy of a 2-to-1 flour-to-fat ratio. If you're working with less gravy, or worried about it getting too thick, cut down on the amount of flour. You can always thicken the gravy more later. Whisk the flour into the fat slowly over the heat until it's well incorporated.

If you're using cornstarch for your thickener, you'll want to wait until you have the stock in the pan to add it. Cornstarch has twice the thickening power of flour, so it's best to go slowly and add a little at a time to the gravy until it gets to your desired consistency. The best way to do that is to make a slurry of 1 tablespoon cornstarch to 1 cup of cool stock, whisked together. Add the stock and cornstarch slowly once the liquid in the pan has gotten up to a simmer, whisking the whole time.

Deglaze with Liquid

Now is the point where you add liquid to the situation. Turkey stock is the traditional gravy ingredient, but you can also use whatever stock you have on

hand. In Youngman's Best Ever Turkey Gravy, she adds 4 cups of stock to the pan, but you can adjust that up or down in proportion to the amount of fat and flour you're using. Add a little bit of the stock at first, roughly half a cup, and scrape up the drippings and browned bits of meat or vegetable from the bottom of the pan. Then gradually whisk the rest of the liquid into the mixture slowly, stirring to make sure the broth, thickener, and aromatics are well incorporated.

Let It Come Together

Bring the gravy up to a simmer, continuing to whisk, and it should start to thicken up. The ideal consistency for gravy is memorably described by the French as *nappant*, or thick enough to coat a spoon. If you dip a spoon in the gravy, you should be able to run your finger along the back of the spoon and leave a trail. If you've simmered the gravy for 10 minutes and it's still not thick enough, don't fret—you've got options. You can always make a quick paste of equal amounts (say, a tablespoon each) softened butter and flour called a *beurre manie*. Crumble the paste into the simmering liquid, a little at a time, whisking all the while and allowing the gravy to thicken for a minute or two before deciding to add more.

Season to Taste

Once the gravy is lusciously *nappant*, now is the time to adjust seasoning. It's always a good policy to wait until the sauce is reduced and thickened to your liking before adding salt—adding it in the beginning can result in an overly salty sauce. Taste the gravy and add salt and pepper to your liking. You can add other spices as well, depending on what flavor profile you're going for. Smoked paprika or an chopped up chipotle in adobo add a smokey, spicy hit, for example. Feel free to experiment a bit.

Too Thick?

Gravy tends to thicken as it sits, particularly in the fridge overnight. Don't fret—stir in more hot stock or hot water, a tablespoon at a time, until the sauce gets to the consistency you're looking for. It's all gravy.



19) Best Turkey and Chicken Injection Recipes for BBQ, Smoking, and Grilling

Chicken and Turkey are easy to dry out on a BBQ. So let's add moisture and ramp up that flavor with some injectable marinades and sauces for poultry. Below are 3 of the best chicken and turkey injection recipes I've ever used, as well as exactly how to use them.

Why Inject Turkey or Chicken? Don't Marinades Flavor Meat Enough?

Don't get me wrong, I'm the biggest fan of marinades, rubs and sauces. They all help pump up the intensity and complexity of the meat's flavor. But even with long slow soaking, flavoring just the surface can only do so much.

Injecting meat gets in deep to the flesh and muscle tissue, and also adds much-needed moisture from within.

In this post, we'll explain the simple but knock-out method of chicken and turkey injection recipes, how to use them, and what kind of cuts it works best with.

Oh, and of course we'll load you up with a handpicked shortlist of the best turkey and chicken injection recipes out there, so you can get right on it and enjoy the benefits in your next cook!

Because when adding flavor to meat, you have two choices: Either on the inside or outside.

Now "outside" you've probably got covered. These are your seasoning rubs, marinades, and sauces. I guess you already have a few go-to favorites here?

But adding flavor to the inside? This is what injecting meat is all about and let me tell you, it adds unbelievable moisture and flavor, especially to potentially dry meats like turkey and chicken.

Of course, you can marinate chicken and turkey, but it takes time for the flavors to seep in. Injecting is instant. If you've never tried injecting flavor into the meat, read on.

Think of it as marinating from the inside! For competition pit-masters, injecting is the go-to method for adding flavor.

No Waste. No Wait.

Ever felt that pang of sadness as you throw out your beautiful but contaminated marinade once the meat's ready to cook? Yup, been there. And I've tried boiling it up too for a safe pour-over for the meat, but it's not quite the same.

And how about brining? Great method but boy does it tie up some real estate in your refrigerator for several days.

With injecting, there is no waste of the good stuff, it all goes in. Best of all, there's no lengthy wait as with brining and marinating. Just stick and cook!

Of course, if you do have time to let your injected meat sit for an hour or longer, the result will be even better.

I know you are itching to get started, so if you're to find out what to inject chicken with, check out my carefully researched and tested short list of the best poultry injection recipes.

These all work great on turkey and chicken, and honestly, probably anything else you can think of! Quantities given are for turkey injection marinade, so if you're prepping chicken, just refrigerate extra marinade for another time.

OK, so, kicking off with my all-time favorite...

TURKEY INJECTION SAUCE WITH HONEY, HERBS AND SPICE

READY IN: 10mins

SERVES: 20

INGREDIENTS

1 cup reduced-sodium chicken broth

1/4 cup garlic oil
1 teaspoon salt
1/4 cup honey
1 tablespoon hot sauce
3 tablespoons Worcestershire sauce
1 sprig fresh rosemary
1 fresh sage leaf
1 bay leaf
1 sprig fresh thyme

DIRECTIONS

Mix all ingredients in a pot and simmer for five minutes.

Cool.

Strain cooled sauce.

Using an injection needle inject liquid into the turkey throughout all the breast and thighs.

Making one hole inject 1/3 of the liquid and move needle 1/3 of a turn to inject a 1/3 turn again and inject remaining.

(This is so you are not putting holes all over the turkey).

2 injections per thigh and 3 per breast should be good.

This can be marinated 1-24 hours before you cook the turkey. Any that oozes out rub gentle over the turkey.

Proceed to grill, fry or roast your turkey.



20) THE ULTIMATE GRILLED VEGETABLE TRAY

A vegetable tray it's a must as a side dish to any meat or grilled fish party.

Be generous with onions, and everybody will love you.

READY IN: 35mins

SERVES: 8-12

INGREDIENTS:

1/3 cup olive oil

2 garlic cloves, minced

1/2 teaspoon dried oregano

1/2 teaspoon dried basil

1/2 teaspoon parsley

1/2 teaspoon salt

1/2 teaspoon black pepper

1/4 teaspoon crushed red pepper flakes (optional)

1/2 lb baby red potato

2 medium summer squash

2 medium zucchini

2 medium red bell peppers

2 medium green bell peppers

1 small eggplant

1 large red onion

1 bunch Broccolini

2 bunches scallions

2 ears of fresh corn

SAUCE

3/4 cup plain yogurt

1 lemon, juice of

1/2 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon ground cumin

1/4 teaspoon crushed red pepper flakes (optional)

1/2 cup fresh parsley, chopped

1/2 cup of fresh mint, chopped

DIRECTIONS

In a small bowl, stir together the oil, garlic, oregano, basil, parsley, salt, pepper and red pepper flakes (if using).

You can use any combination of these vegetables as you'd like. Use them all or pick and choose your favorites!

Boil the potatoes until just fork tender. You want them to be slightly underdone because they'll continue to cook on the grill. Drain, allow to cool and cut in half.

Slice the remaining vegetables into 1/2-inch slices and arrange on a large baking sheet. Keep the corn, broccolini and scallions whole.

Brush the vegetables with the garlic herb oil on both sides.

Preheat an outdoor or indoor grill pan over medium-high heat until hot. Begin by placing the vegetables that take longer to cook through. Such as the corn, broccolini, red onion, squash and zucchini. Cook for about 3 to 5 minutes on the first side or until char marks develop. Flip over and continue to cook for another 2 to 3 minutes. Transfer to the baking sheet (same one is fine since it's just vegetables).

Then cook the vegetables that cook up faster. Such as the bell peppers, par-cooked potatoes, and scallions. These will cook up faster so you'll want cook until just charred, about 2 to 3 minutes in total. Transfer to the baking sheet with the rest of the veggies.

To make the sauce, stir together the yogurt, lemon, salt, pepper, cumin, red pepper flakes (if using) and fresh herbs. This can be made ahead of time and kept in the fridge for up to 4 days.

To assemble your tray, start by placing a small bowl on a large wooden tray or baking sheet. Fill the bowl with sauce and then build from there. Lay out the vegetables in mounds, filling up the space of the board. Sprinkle with salt and fresh cracked black pepper before serving. Can be served warm, room temperature or cold!

LET'S GET GRILLING!

