

## MENU 16

### ROAST CHICKEN WITH GIBLET GRAVY

The easiest way I know to roast a chicken is to do the following:

1. Thoroughly wash a whole chicken, inside and out.
2. Salt the inside cavity of the chicken.
3. Rub margarine all over all the outside skin of the chicken.
4. Put chicken in large crockpot and cook on low all day.  
Do not add water or anything else to the crockpot.
5. Save drippings from chicken to use for gravy or dressing.

**Giblets:** In a saucepan with 2 cups of salted water, cook the chicken gizzard, heart and neck on low for 1-1/2 hours. Be sure the water doesn't boil away. Let cool, and then remove as much meat from the neck bone as possible and chop the gizzard and liver into small pieces. Return to the chicken broth.

**Pan gravy:** 6 tablespoons of chicken drippings (if there are not enough drippings then add margarine to make up the 6 tablespoons)  
6 tablespoons flour  
3 cups liquid (broth from giblets plus milk to make 3 cups)  
Chicken giblets

In skillet, heat chicken drippings (and margarine). Stir in flour slowly. Blend until smooth, and then cook over low heat, stirring constantly, until it's bubbling. Take pan off heat. Stir in liquid. Return pan to heat, stirring and scraping skillet. Add giblets and boil one minute. Season with a little salt and pepper and serve.

#### **Tips for gravy making:**

Lumpy gravy can be avoided if you always use equal amounts of fat and flour. Improperly combining the flour with other ingredients also makes gravy lumpy. Gravy must be made slowly and mixed carefully. When gravy lacks color, add a dash of bottled gravy coloring (Kitchen Bouquet). If you do not have any broth for liquid, dissolve one chicken bouillon cube in one cup of water for each cup of broth that you need. Potato water is also good as liquid and it saves the vitamins and minerals cooked away in the water.

#### **SERVE WITH:**

Stove Top Stuffing (prepared according to directions)  
or following dressing (stuffing) recipe in Menu 22

and

Frozen corn (prepared according to package directions)

and

Pears