



# Red Lion



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## Red Lion Gravy

### Servings

This will make one litre

### You will need:€

- 2 x Red pepper roughly chopped
- 2 x Red onion roughly chopped
- 2 x White onion roughly chopped/onion skins aswell to darken gravy
- 2 x Sticks of celery chopped
- 1 x Courgette roughly chopped
- 1 x Nice bottle of red wine
- Meat juices of your choice , chilled with the fat removed
- 1 x Teaspoon of worcester sauce [optional]

## Instructions

- Put all the ingredients into a large pan and bring to the boil over amedium heat.
- Stir occasionally and leave to simmer for two hours
- Pour through a sieve pushing all the goodness of the vgetables through,this will help the mixture to thicken
- Return to the heat and add the meat juices whilst whisking
- Leave on the hob simmering to thicken. You may wish to thicken the mixture using corn flour or a thickening agent. Not gravy granules as it will take the taste of the gravy away and be very salty