

Leek Gravy



Serves	6
Prep time	10 minutes
Cook time	20 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Condiment , Side Dish
Misc	Child Friendly , Pre-preparable , Serve Hot

Ingredients

- 1 tablespoon sunflower oil
- 1 Large leek (finely sliced)
- 1 teaspoon brown sugar
- 500ml hot home made stock (Refer to recipe)
- 1 tablespoon flour or tapioca starch
- Salt (to season)

Directions

1. Heat the oil in a non-stick frying pan and add the sliced leeks. Cook, stirring frequently until softened, about 10 minutes. Add the sugar after 5 minutes.
2. Add the flour/tapioca and cook, stirring continuously, for 2 minutes to coat the leeks. There should be no dry flour left.
3. Gradually add in the stock, stirring well to avoid lumps and make a smooth sauce.
4. Let the sauce bubble for about 5 minutes to thicken, then season with salt.

Note

Low Chemical / Failsafe, Gluten-free if using tapioca starch.

Refer here for some [home made stock recipes](#) to use.