Hill's Mills & Mixers
BOSCH Kitchen Centre
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(1) BEAN FLOUR RECIPES

SAUCES AND GRAVIES

from fresh-milled white beans

To make delicious, gluten-free, thick gravy, mill white beans into flour and add to your favorite gravy base .

WHITE BEAN GRAVY

2 cups boiling water
2 tsp chicken or vegetable soup base (or 2 cups of any boiling meat broth base you usually use)
3 to 4 tbsp white bean flour
Whisk bean flour to desired thickness into boiling broth or meat drippings to which you have added water in saucepan or frypan.
Cook over medium heat 3 minutes. May blend in blender if you wish. Makes 2 cups

BROWN GRAVY

2 cups water
2 tsp beef or vegetable soup base
4 Tbsp pinto bean flour
½ tsp Kitchen Boquet (or beef seasoning for flavour and colour)
Salt and pepper to taste
Bring water and seasonings to a boil. Whisk in bean flour and cook over medium heat for 2 minutes.

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