

HOT TOPICS

July 15, 2002
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AND THE WINNERS ARE?

It's amazing what some people will do to win a prize. In this case, we had two very anxious and excited winners. This one was too close to call.



In celebration of "Hot Topics" one year anniversary, there was a contest for a \$25 gift certificate to the restaurant of your choice, to be given to the first person who called me with the name of the person who named the newsletter. **The answer is: Chief Brad Fitzer.** I received several calls and all of you had the right answer but you were not the first.

Please join me in extending congratulations to our winners,



Staff Asst. Collyn Katri and Lt. David Brassard. They both received \$25 gift certificates to the restaurant of their choice. (See photo to the left).

Collyn chose to dine at the **Boheme Bistro Restaurant**

and **David's** restaurant of choice was **Carrabba's**. We hope that they both had a great time dining out.

Stay tuned to each passing issue, you never know what prizes or surprises will come up. Thank you for participating.

Cecelia Shade



Delray Beach Fire-Rescue Crew, Police Officers and Hostess honored at awards program for life saving efforts of choking victim, Mrs. Arline Silverstein who makes a full recovery. See story

Community Education News By Lieutenant Hal Knabb

on page 6.

Wet Storms and Rising Waters

"I'm ready, come get me", click. Saturday and Sunday afternoons, this is the message I usually receive from one of my teenage children, when they are ready to be picked up from their weekend part time jobs. Such was the case Sunday, June 23, 2002 at 5:00 pm. On this particular Sunday, a flashflood warning had been in place since 1:00 pm. As I left my house all seemed clear until I turned at the end of the block. A surreal scene of standing water, stalled cars, and kids in a row boat paddling along the road was taking place less than a block from my house. Several cars were sunk at an angle appearing to have driven off the road and into the swale ditch. This was quite understandable because the normal markings for the road were no longer visible. What if that ditch had been a canal or a sinkhole? Wet storms and rising water issues will always be hazards here in South Florida. The best practice: never drive in standing water.

A study last year by the Sun-Sentinel reviewed 80 fatal motor vehicle crashes from 1996 to 2000 in Dade, Broward, and Palm Beach Counties involving bodies of water. Their findings reported:

- Most crashes, 69, involved vehicles going into canals, but 9 involved ponds or lakes. One crash involved a drainage ditch, and one occurred at the Port of Miami
- Of the fatalities 68 victims were driving, 27 were passengers, and in one case involving 4 fatalities the investigators could not determined who was driving
- The average age of the fatalities was 36
- Most crashes occurred in January and February
- Sunday was the day of the week with the most crashes
- The most common time of the day for crashes was 6 to 11:59 am

It is recommended that drivers and passengers have a plan to escape a vehicle if it should become submerged in water. The plan should include safety items that are within an arm's reach such as a window punch or a LifeHammer® with seat belt cutter. Being inside a vehicle that is filling with water can be a frightening experience. The most important thing to do is remain calm. Most vehicles will remain floating on the surface for a minute or two before sinking. The National Safety Council recommends seven survival steps:

1. Unfasten seat belts
2. Roll down your window before water level reaches window height. Climb out and swim to shore.
3. If water level is above the windows, slowly roll down the window and let the water flood the car. Swim out of the car.
4. If the car has power windows and they can not be lowered, find something to break the window.
5. If you cannot break the windows, look for other means of escape, such as a sun roof or rear window broken in the accident.
6. If there is no other means of escape try to open the door. The door will be very heavy because of the difference in pressure. It may not open immediately; make sure the door is unlocked.
7. If the door will not open, remain calm. Wait until the interior of the car is almost filled with water. Take a deep breath and try the door again. The pressure will be equal and the door should open.

That Sunday afternoon I returned home and waited for the water to recede. This took nearly three hours. It was reported later that Broward County had received approximated 8 to 10

Fire Safety News

By Assistant Chief William Adams

inches of rain in this four hour period. Wet storms and rising water issues will always be hazards here in South Florida. *The best practice: never drive in standing water.*

The month of July always brings 4th of July fireworks displays. It quite often brings thunderstorms and lightning (natural fireworks) as well. In fact, Florida leads the nation in the number of lightning strikes- as many as 17 million strikes per year! Here are a few tips for being prepared:

- ✓ Plan outdoor activities in the morning when thunderstorm and lightning are less likely.
- ✓ Avoid water, elevated areas and open spaces
- ✓ If you cannot take shelter indoors, crouch down with your feet together and hands on your knees.
- ✓ If indoors, stay off the telephone and stay clear of windows, electrical devices, and plumbing fixtures

These suggestions come from the *Federal Alliance for Safe*

Homes, a non-profit organization that provides information on protecting your family and home from natural disasters. For additional suggestions and information check their web site: www.flash.org

As for those other fireworks, the State of Florida prohibits firecrackers, torpedoes, skyrocket, roman candles, and any fireworks containing explosive or flammable compounds. We sometimes underestimate the power of some of these devices. An M-80, for example, has 1/10th the power of a stick of dynamite!

Each year the State Fire Marshal issues a list of specific brands and types of devices approved for consumer purchase. The approved types emit a shower of sparks upon burning, do not detonate or explode, are hand held or ground based, and cannot propel themselves through the air. If you are uncertain whether a particular brand or type of pyrotechnic device is permitted, contact the Delray Beach Fire Department, Fire Safety Division at 243-7425.

Even with the permitted fireworks, extra care should be taken. Sparklers burn at about 1200^o F! A responsible adult should supervise all fireworks activities and water or other means of extinguishment should be readily available. Use the fireworks only outdoors in a clear area away from buildings or vehicles. Never throw lighted fireworks.

Statistics from the U.S. Fire Administration for the year 1998 revealed that:

- 8,500 people sought treatment for fireworks-related injuries
- 70-75% of those hurt were injured in the 30 days

Admin./Support Services News

By Ellen P. Wickert, Admin. Officer

surrounding the Fourth of July

- 13 people died due to fireworks-related incidents
- 7,000 fires were started by fireworks
- \$40,000,000 worth of property was destroyed

My staff and I would like to thank everyone for the improvement in obtaining insurance information for E.M.S. transports. The billing process has been much easier and quicker with your help. Thank You!

Roxanne Tilghman and Tammy Wheatley conducted a review of the purchasing procedures and will be scheduling other sessions in the near future.

Congratulations to Cecelia Shade and her daughters, Toyrei-10 and Taylor-8, won 2 gold medals and 1 bronze medal at the AAU State Track & Field Championship in Gainesville, FL. They both qualified for the AAU National Track & Field Championship to be held August 4th-10th in Knoxville, TN.

Administration News

By Brad Fitzer, Division Chief

Welcome back Gloria from her vacation in north Florida. Hope you are well rested. We missed you!

Several projects are underway for the Month of July. First the new Fire Department website, in conjunction with the official City's website (www.mydelraybeach.com), will be launched at the beginning of the month. The look and information provided on the new website will be entirely different. Our registered domain name of www.delrayfirerescue.com will begin to point to the new website beginning August 1st. Any ideas to the information that we can provide to the public is appreciated.

Secondly, the reconstruction of the cupolas at Fire Headquarters will begin and the ramp in front of the first bay on the West side of the building will be blocked off by a dumpster and roofing company vehicles. There will be a trash shoot constructed to direct roofing debris into the dumpster. It is anticipated that the project will take approximately three weeks to complete.

Lastly, the painting of Headquarters has been rescheduled to begin the first of August to coincide with the completion of

Community Emergency Response Team News

By Bernard Federgreen

the cupola project. Weather permitting; we hope to finalize the exterior of Headquarters by the end of August.

If you have any questions, please contact me at 243-7414.

For the first time CERT members in a select few communities were involved in a City-wide emergency drill on July 10th. It gave the participants an opportunity to use their training and skills. Through the efforts of the Explorers, situations were placed throughout their communities, giving the CERT members an opportunity to evaluate particular problems and relay these findings to command central so that they are aware of community situations. A meeting will be scheduled at a later date so that all CERT members can review this training exercise.

FLASH...Through the efforts of **Jim Friedman** (Rainberry Bay), CERT organizations can receive discounts on needed merchandise at the Lowes Home Improvement store in Boynton Beach by contacting the store manager, Mr. Ken Reeves.

IMPORTANT...Each community CERT organization must

EMS News

By Division Chief Robert Moreland

supply us with a list of names and telephone numbers to be used as a call list in case of alerts. This list are for those individuals who will be picking up communication radios at Fire Headquarters. Please call **Arnie Fine** at 274-3655 with this important information.

Greetings everyone!

I wanted to take some time this month to introduce a pilot program that various Fire-Rescue agencies in Palm Beach County will be participating. In April, **Chief Koen, Lt. TabEEK** and I attended a meeting held by **Senator Klein** and the **Palm Beach County Health Department**. The meeting was an informational and brainstorming session to discuss ways to increase the numbers of immunizations for influenza and pneumonia administered to the very high risk and underserved elderly in our county.

Influenza / pneumococcal disease are the seventh leading cause of death in Palm Beach County and is preventable through immunization. Over the past few years many of the very high risk persons needing immunization the most have been unable to get the shots. Long lines, private physicians' not participating, and limited availability and resources through the Health Department are some of the reasons. Out of that meeting came the idea to have Paramedics assist in getting the immunizations out to these high risk patients.

Since that initial meeting much has been happening. Through grant monies and in partnership with the Palm Beach County Health Department's Epidemiology/Community Immunization Services Unit, **Delray Beach Fire-Rescue and other fire-rescue departments in the county** plan to assist in getting these immunizations out to the most at risk patients in our respective jurisdictions. The Health Department will train paramedics to administer these adult immunizations on site at various facilities and shelters designated throughout the county.

This innovative program offers the opportunity to increase the reach of the County's health care service delivery while providing a model that could easily be duplicated throughout Florida and nationally. **Most importantly, it gives us the opportunity to assist and positively influence the lives of these high risk and underserved adults in Delray Beach.**

There will be more information coming in the near future as the plans and financial aspects are assured. I am looking for some assistance to identify sites in Delray Beach and to make the program here as effective as possible. Remember,

EMERGENCY MANAGEMENT NEWS

By John Tomaszewski, Assistant Chief

Forecasters Retire Names of Worst Hurricanes

When a really great athlete decides to leave sports, his jersey or number is often retired. The largest and most destructive storm in the tropics - the hurricane - makes a similar farewell. Hurricane names can and do get retired, not to be reused for at least ten years, perhaps longer.

Hurricanes that cause severe damage or kill and injure many people are remembered for generations and some go into hurricane history, says the National Hurricane Center in Miami. The country most affected can request that the storm's name be removed from use to avoid confusion caused by a future storm having the same name.

When a storm name is retired from the Atlantic's list of names, member countries of the World Meteorological Organization from that region select a new name. For Atlantic storms the name can be either French, Spanish or English, reflecting the languages of potential victims. A good example is Hurricane Hugo in 1989. Hugo roared across the northeast Caribbean devastating many of the small islands east of Puerto Rico. It then skimmed Puerto Rico before slamming into South Carolina. Hurricane Hugo caused more than \$8 billion damage and killed 82 people. Most of the deaths occurred on the tiny Caribbean islands. When the request was made to retire the name "Hugo" from the list of names, the "H" storm was replaced by the name "Humberto", a Spanish name. Humberto was used for the first time in 1995 - it became a hurricane in September with 105 mph winds. The storm stayed over the Atlantic, never threatening land.

The hurricane center says the "retirement rule" once had exceptions. Before 1979, when rotation of the permanent six-year storm list began, some storm names were simply not used anymore. In 1966, "Frieda" was replaced by "Fern" for no apparent reason.

Below is a list of deadly, costly and destructive storms whose names have been retired, guaranteeing them a place in hurricane history. This is not a complete list of deadly or destructive hurricanes since many such storms hit before 1950 when naming began.

<u>Name</u>	<u>Year</u>	<u>Location(s) affected</u>
Agnes	1972	Florida, Northeast US
Alicia	1983	North Texas
Allen	1980	Antilles, Mexico, South Texas
Andrew	1992	Bahamas, South Florida, Louisiana
Anita	1977	Mexico
Audrey	1957	Louisiana, North Texas
Betsy	1965	Bahamas, Southeast Florida, Southeast Louisiana
Beulah	1967	Antilles, Mexico, South Texas
Bob	1991	North Carolina, Northeast US
Camille	1969	Louisiana, Mississippi, Alabama
Carla	1961	Texas
Carmen	1974	Mexico, Central Louisiana
Carol*	1954	Northeast US
Celia	1970	South Texas
Cleo	1964	Lesser Antilles, Haiti, Cuba, Southeast Florida
Connie	1955	North Carolina
David	1979	Lesser Antilles, Hispaniola, Florida, Eastern US
Diana	1990	Mexico
Diane	1955	Mid-Atlantic US, Northeast US
Donna	1960	Bahamas, Florida, Eastern US
Dora	1964	Northeast Florida
Elena	1985	Mississippi, Alabama, Western Florida
Eloise	1975	Antilles, Northwest Florida, Alabama
Flora	1963	Haiti, Cuba
Frederic	1979	Alabama, Mississippi
Gilbert	1988	Lesser Antilles, Jamaica, Yucatan Peninsula, Mexico
Gloria	1985	North Carolina, Northeast US
Hattie	1961	Belize, Guatemala
Hazel	1954	Antilles, North and South Carolina
Hilda	1964	Louisiana
Hugo	1989	Antilles, South Carolina
Ione	1955	North Carolina
Inez	1966	Lesser Antilles, Hispaniola, Cuba, Florida Keys, Mexico
Janet	1955	Lesser Antilles, Belize, Mexico
Joan	1988	Curacao, Venezuela, Columbia, Nicaragua
Klaus	1990	Martinique
Mitch	1998	Central America, Nicaragua, Honduras

The name "Carol" was used again to denote a hurricane in the mid-Atlantic Ocean in 1965. However, because the name does not appear after that time, it is assumed that the name was retired retrospectively for the damages caused by the 1954 storm of the same name.

Training and Safety Division

By Lt. Victor Williams

The Training and Safety Division, as well as the entire Delray Beach Fire-Rescue Department, congratulates Paramedic *Crista Mockenhaupt* for her successful completion of the Broward Fire Academy. Crista attended the academy from March 11th through June 13, 2002 with her graduation taking place at 7pm, on Thursday, June 20, 2002. Crista received many accolades and high marks for her hard work and dedication in reaching her goals of becoming a state certified firefighter.

With her successful completion of the fire academy, Crista has been assigned to "C" Shift to begin the new task of becoming a well rounded paramedic and firefighter. Crista along with new hires, *Javier Rivero, Travis Klemann, Joseph Falcone, and Daniel Waldrep* have been assigned a mentoring Lieutenant to assist and prepare them for a successful career in the fire service. Crista's mentoring Lieutenant is responsible for her probationary development as well as other training issues. The Training and Safety Division would like to congratulate Crista for a job well done.

Lieutenants' *Mark Reynolds* and *Shawn Beckowitz* attended a Hazardous Materials Response Team Conference held in Hunts Valley, Maryland starting May 30th through June 2, 2002. Over a four day period, multiple classes and a vendor expo were offered to the participants attending the conference. The classes consisted of a lecture and a practical portion. The main topic of the 4 day conference was the DOT Tank Car emergency response course in which *Lt. Beckowitz* gave high marks for being informative as well as practical.

Lt. Beckowitz and Lt. Reynolds also attended a chemical analysis class that was given by S.T.T.S. (Safety Transportation Training Specialist) in Carmel, Indiana. The featured equipment for this session was the T. I.R. (Travel Infra-Red). The Travel Infra-Red is a computer aided chemical analysis system that uses an infra-red laser to identify the make-up of chemical compounds. **Our department will be receiving a Travel Infra-Red** along with other needed equipment provided by a governmental grant for response to weapons of mass destruction. Lieutenants' Reynolds and Beckowitz were so impressed by Safety Transportation Training Specialist that Lt. Reynolds has begun the process of hosting a presentation of the Travel Infra-Red here in South Florida. The Training and Safety Division would like commend Lt. Reynolds and Lt. Beckowitz for their untiring efforts.

The Training and Safety Division placed **fifty (50) class II high-visibility** garments in service on all of our emergency response units. The new high-visibility garments illuminate brilliantly when contacted by headlights, searchlights or

flashlights. Increasing the visible presence of our personnel in situations where identification and position are vital may prevent a tragic accident and even save a life. **Due to the increase of traffic in our service area, the roadways have become increasingly dangerous.** In our efforts to provide for the safety of our personnel, multiple garments were placed on each responding unit. When working on or near the roadways please take the time to use this vital new equipment.

The Training and Safety Division, along with the Special Operations Coordinator, will be offering a Tox-Medic class in August. We are presently seeking any personnel who may be interested in taking this course. If you are interested please contact the Training and Safety Division or the Special Operations Coordinator as soon as possible.

Training Schedule

July 3rd—5th

Company Level

July 10th—12th

AFLAC Presentation
Model 6 @ Fire HQ

July 13th

Bloodborne Pathogens
Make-up/HQ
0830 & 1330

July 15th—19th

AFLAC Presentation
One on One Sessions

July 20th

Dive Rescue Training
All Personnel
Location: TBA

July 24th—26th

Radiological Emergencies
Model 9 @ Fire HQ
All Personnel

July 27th

Dive Rescue Training
All Personnel
Location: TBA

July 30th—August 2nd

Haz-Mat Atmospheric Monitoring
Haz-Mat Techs Only
Location: TBA



AWARDS RECOGNITIONS!

Chief *Bill Adams* inserted a motto to the cover of the awards program that reads: *“Life is an exciting business and most exciting when lived for others...Helen Keller”*. With each awards presentation, this statement becomes more of a reality for those involved.

On Tuesday, July 9th we celebrated the outstanding accomplishments of our personnel. The most wonderful presentation was pertaining to *Mrs. Arline Silverstein* and a team working together to save her life. On May 25th, Mrs. Silverstein and her husband were dining at the Fifth Avenue Grill, 821 S.E. 5th Avenue, when she began choking on a piece of food. The hostess, *Anna Chisholm* (Life Saving Award Recipient) tried the Heimlich maneuver and did get some of the obstruction out. Station 3 Crew (Unit Citation Award Recipients), *Lt. Patricia Dunkelmann, Driver Engineer Howard Spain, Paramedic Randy Bahe and Paramedic Robert Baker* along with *Officer Scott Privetera and Sergeant Don West* (Award of Merit Recipients) worked together as a team for over 45 minutes until reaching success. The all were recognized for their outstanding teamwork, diligence and professionalism. Mrs. Silverstein has made a complete recovery and was present at the awards ceremony to thank those involved. What an amazing recovery! It stands to reason that when we live for others we gain so much more in return.

Lt. Hal Knabb received top honors, The Educational Achievement Award and Fire Fighter of the Quarter; All 40 Haz-Mat Techs received the Award of Merit for a perfect score of **100 out of 100** which they received for their **annual Haz-Mat Assessment**. Other awards given were for promotions and years of service.

Below are photos from our recent awards ceremony.



From the Chief's Desk

Congratulations to the *Shade family* on the achievements of Cecelia's two athletic family members—*Taylor* (age 8) and *Toyrei* (age 10) who both brought home lots of recognition and a few medals for their *State PAL Championships participation*. Mom has to start the day at a full run to keep up with these two who were featured in a recent major piece in the Sun-Sentinel.

Speaking of recognition—our very own *City Manager, David Harden* was recently awarded the *Distinguished Citizen Award by the Osceola Council of the Boy Scouts of America* at a very well attended luncheon at the Delray Beach Golf Club. Those representing Fire-Rescue included, *Jed Dalton, Jim Tabeek, Richard Bush, Brad Fitzer, Bill Adams, Hal Knabb* and myself. Mr. Harden, a 12-year veteran of the City Manager's office, was given this special recognition for his life time involvement in Scouting. Congratulations Boss!

Welcome aboard to *Fire Fighter-Paramedic Crista Mockenhaupt* who recently completed the Broward Fire Academy and was assigned to Station No. 3 on June 17th. Several helping hands including *Driver Engineer Ilene Rose, Paramedic Todd Lynch, Fire Fighter Kenny Thompson, Paramedic Keith Reed, Paramedic Bradley Kantner, Battalion Chief Rich Murphy, and Lieutenant Mike Twigger* were made available due to the volunteer participation of the crew of Engine 1 and Rescue 1 at Pompey Park on June 8th. As part of the "A Neighborhood Food Give-A-Way" sponsored by the NW & SW Homeowners Association in Delray Beach. A number of our City Commissioners were on hand as well to help unload food that was to be distributed throughout the city to folks in need. *Thanks, guys for being there to help.*

A very well attended photo exhibit featuring the *Events of September 11th* was on display for four days at *Old School Square*. The crews of Engine 1 and Rescue 1 on B-Shift were there the first day to assist with publicity and pre-exhibit news coverage which included a big segment on the *Channel 5 Evening News*. The local event was sponsored by Northern Trust Bank of Delray Beach and the Board of Director's of Old School Square. *Folks lined out the doors to get a chance to see this dramatic exhibit.*

Our interlocal agreement for Fire-Rescue services was renewed on July 2nd with the Town of Highland Beach for a period of 15 years. *Thanks to all for making the first nine years of this partnership so successful.*

A prayer vigil was held on the east side of City Hall on June 30th to allow us all to remember and pray for the fire victims in *Colorado and Arizona*. The event was organized by local residents who are members of *St. Paul A.M.E. Church on NW 5th Avenue* just a block from Headquarters.

The City has a *new web site and Fire-Rescue is a major part of it*. Check out www.mydelraybeach.com and take a look at the top quality work done by *Div. Chief Fitzer* and others to get the Fire-Rescue pages up and running.

Our funding agreement with the *Solid Waste Authority* is soon to be coming before the County Commission for revision. The revision includes increased funding for all teams to help with the increased cost of maintaining much of the new equipment that we will be receiving courtesy of the State and Federal Governments. Thanks to *Mark Reynolds* and *Wayne Yoder* who "bird-dogged" the grant process on the state level to see that our team got its share of the new technology and equipment that is now becoming available.

Our sympathy is extended to the family of *Don Webb* who served this Department and the City so well until his retirement in 1985. Funeral services for Don were held on June 27th at Lake View Baptist Church.

We made it through the 4th of July (the 266th anniversary of our Nation) without any local or national disruptive actions. We must still keep our antennas up and our awareness levels at the maximum to protect our families, our communities and our citizens. The "evil doers" probably are not through with us...*and we're sure not through with them either!*



Residents and Officers of The Hamlet present checks for \$15,000 each to Chief Koen and Major McCollum from this year's Charity Golf Tournament. The funds will go to the Paramedic Rescue Gift Account.

The distribution of our next newsletter is August 15, 2002. All news articles should be turned in to Tammy Wheatley in the Administrative Office on or before July 29, 2002. Deadline for turning in news articles will be July 29th at 5:00 p.m. We hope that you have enjoyed this issue of "Hot Topics" and we look forward to producing our next new and exciting issue. Thank you for your participation.

TO:



Departmental Anniversaries

July 23	Ellen P. Wickert	29 yrs.
July 14	Richard Ackerman	23 yrs.
July 29	Steven Press	11 yrs
July 29	Eileen Tuckman	11 yrs.
July 29	Mark Dagnan	11 yrs.
July 29	John McKessy	11 yrs.
July 15	James Sampson	6 yrs.

RECIPE OF THE MONTH

"OVEN ROASTED GARLIC TURKEY THIGHS"

INGREDIENTS:

Select large (about 1 pound) turkey thighs for this dish. Normally one thigh per person is sufficient, but for a crew meal, a few extras are always a good idea.

- 12 Large fresh turkey thighs—about 1 pound each
- 10-12 Cloves of fresh garlic—finely minced
- ¼ Cup canola oil
- 4 Cups Chicken stock or canned, low-sodium chicken broth
- 6 Tbsp All-purpose flour
- Gravy Master or Kitchen Bouquet (optional)
- Kosher salt to taste
- White ground pepper to taste
- Finely chopped parsley or fresh chives for garnish (optional)

METHOD OF PREPARATION:

Pre-heat oven to 350F. Wash the turkey in cold salt water and drain well. Remove the thighbone and any gristle with a sharp voning knife. Lightly season inside of turkey meat with salt and white pepper. Place the skin side down and form a roll, and tie each thigh

with butcher twine about 1 inch from each end to create a uniform, roll-shaped piece. Mix the minced garlic and the canola oil together. Place the turkey pieces on a sheet pan, skin side up, with space between each and apply the garlic and oil mixture liberally. Then, season each piece with salt and pepper. Place in the center of oven and roast for approximately 1 hour. Make certain that all the pieces are cooked to a minimum of 165 degrees internal temperature and the juices run completely clear when the meat is pierced.

Place the turkey on a platter and keep warm until service. Reserve the pan drippings and fat to make the turkey gravy. Place the chicken stock in a saucepan and heat just to a simmer and hold. Place 6 tablespoons of turkey fat in a heavy saucepan over medium-high heat. When the fat is hot, add 6 tablespoons of all-purpose flour. Mix well with a whisk to form a light "roux" and cook 2-3 minutes, stirring constantly. Then, slowly add the heated chicken stock and whisk thoroughly until the stock is incorporated and the desired consistency is achieved. A few drops of Gravy Master or Kitchen Bouquet may be added to enhance the color, if desired. Check for seasoning—a little salt and white pepper may be needed.

Remove the butcher twine and serve the thighs whole, or sliced into ¼ inch slices. Garnish with finely chopped parsley or chives and serve the gravy on the side.



MORE PHOTOS

