



# White Wine and Mushroom Gravy

Rich savory and silky, gravy takes mashed potatoes and roasts to the next level. As sauces go, gravy can seem mysterious. But feel rest assured that a five-star gravy is well within your reach. The key to unlocking layers of umami flavor, without meat, is to blend sauteed mushrooms with a roux-thickened vegetable blend known as mirepoix. This famous flavor base, essential in French cooking, is the budling block of good gravy. White wine balances the dish with complex flavor leaving you with a salty savory experience that will have you licking your plate!

## INGREDIENTS

- 8 oz (227 g) of cremini mushrooms, stems trimmed and roughly diced
- 2 tablespoons of olive oil
- 2 teaspoons of kosher salt, divided
- ¼ cup (57 g) of vegan butter
- 1 large yellow onion (2 cups), diced
- 4 garlic cloves, finely chopped
- 2 medium celery stalks (1 cup), diced
- 2 medium carrots (1 cup), peeled and diced
- ¼ teaspoon of ground black pepper
- ½ cup (42 g) of all-purpose flour
- ½ cup (118 ml) of white wine
- 2 cups (473 ml) of low sodium vegetable broth, plus more to thin if needed

## DIRECTIONS

**Cook the mushrooms-** Pour 2 tablespoons of olive oil into a large saucepan over medium-high heat. When a splash of water creates a sizzle, tumble in your mushrooms and sprinkle with 1 teaspoon of salt. Sautee until they have released most of their liquid and have shrunk way down in size, 10-15 minutes. Slide the pan off the heat.

**Sautee the mirepoix-** Meanwhile, melt the butter in a separate large saucepan over medium-high heat. Add the onions and the other teaspoon of salt. Sautee until soft and translucent but not browned, 10 minutes. Add the garlic and cook for an additional minute to let the flavor bloom. Plop in the celery, carrots, and a few twists of black pepper. Continue to cook until all the vegetables are a soft cohesive mass, 10 more minutes.

**Make a roux-** Turn the heat down to medium-low and sprinkle flour over the vegetables. Mix until well-coated. Cook for another 7 minutes to toast the flour and temper its flavor. Gradually pour in the white wine followed by the vegetable broth, whisking as you go. Return the heat to medium-high. In a few minutes, it will begin to simmer and thicken.

**Strain the gravy-** Scrape the vegetable mixture into a small-holed colander fitted over a mixing bowl. Use a flexible spatula to press all of the precious liquid out. This is the gravy base. *Tip: Refrigerate (or freeze) the flavorful vegetable mixture to toss into soup at a later date.*

**Blend the gravy-** Transfer the gravy base to a blender and add the mushrooms. Blend on high speed until silky smooth. Scrape it back into the saucepan over medium heat to warm before serving. Adjust the consistency, if you like, by simmering to reduce and thicken, or add a bit more vegetable stock to thin. Garnish with a few twists of black pepper and serve nice and hot.

**Note:** This gravy freezes well for up to 3 months. Thaw in the fridge and gently reheat on the stovetop.

COOK : 40 MINUTES - PREP : 15 MINUTES - MAKES : 2¾ CUPS

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