

Wild Mushroom Gravy | No-Oil

Serves 1 | Active Time: 1 hour | Total Time: 1 hour

Swick

Starting the Gravy

First, prepare your mise en place.

To start the gravy, bring a fry pan to medium–high heat. Add the onions, stirring occasionally. When the onions begin to become translucent and stick, add the garlic and fresh herbs. Cook for 30 seconds or so and add the mushrooms. Stir well for 2 minutes until mixture begins to stick.

Next, add the wine, pouring evenly around the pan and deglaze. Cook for another 4 to 5 minutes until the liquid is reduced by half. Follow by adding the vegetable stock, dried mushroom powder, tamari, vinegar, freshly–ground black pepper and nutritional yeast.

Bring to a simmer and lower heat to medium–low. Allow to simmer an additional 4 minutes before adding the slurry.

Step 1: Starting the Gravy

- 1 small red or white onion, diced
- 3 cloves garlic, minced
- 1 tbsp fresh rosemary, minced
- 1 1/2 tbsp fresh thyme, minced
- 3 cups wild mushrooms of choice such as shimeji, trumpets, chanterelles or enoki, cleaned and sliced or diced, if needed
- 1 1/2 cups madeira or marsala wine
- 2 cups vegetable stock
- 3 tbsp dried mushroom powder (dried mushrooms ground in spice grinder)
- 2 1/2 tbsp tamari (wheat-free preferred for gluten-free recipe)
- 1 1/2 tbsp apple cider vinegar
- freshly ground black pepper, to taste
- 3 tbsp nutritional yeast

Step 2: Preparing the Slurry and Finishing the Gravy

- 3 tbsp Gluten-Free Flour
- 1/2 cup vegetable stock

Make a Slurry by mixing together the Gluten-Free Flour and the vegetable stock. While stirring the hot gravy with a fork or a whisk, slowly add the slurry. This will help prevent lumps.

Simmer an additional 2 minutes, stirring occasionally and then remove from heat.