

# MUSHROOM GRAVY (VEGAN & GLUTEN FREE)

Serves: 2 or 4 (small servings)

Yields: 600ml

Prep: 35 mins

Cooking: ≤5 mins

Courtesy of: Eat2Health Blog



*“The delicate porcini mushrooms give a lovely meaty texture, whilst the potato starch helps to make it velvety smooth! The combination of the mushroom stock, rosemary, garlic and soya sauce all goes towards producing a gravy that has many deep, savoury and wholesome flavours! It's perfect for drowning your potatoes, or covering some delicious legume or pulse-based sausages, burgers, meatballs or 'loaves'!”*

*This delicious mushroom-based gravy comes from the Eat2Health kitchen just in time for Christmas, but it's perfect for any holiday or meal that requires gravy! It's plant-based, gluten free, takes minimum effort to prepare (yep, super easy folks!) and provides maximum taste satisfaction!*

## Ingredients

600ml	Cold Water
2 Sprigs	Fresh Rosemary (4g)
1	Vegetable Stock Pot or DF/GF Vegetable Stock Powder
1 tbsp	Soya Sauce (low-salt or use Tamari for GF)
	Ground Black Pepper
20g	Dried Porcini Mushrooms
5g	Garlic Clove (1 fat one!)
3 tbsp	Potato Starch
1 Tbsp	Rapeseed Oil

## Directions

1. Boil 600ml water in a kettle.
2. Meanwhile, wash the rosemary, remove the leaves and then roughly chop them.
3. Place the rosemary, stock pot (or powder), soya (or tamari) sauce and freshly boiled water into a measuring jug. Add a few grinds of ground black pepper. Whisk to dissolve the stock. Add the mushrooms. Stir to combine. Allow the mixture to sit 30 mins so the mushrooms can rehydrate, the flavours meld and the rosemary can soften.
4. In the meantime, peel and finely dice the garlic. Place the starch into a small bowl (or dish) with equal parts cold water. Whisk with a fork to dissolve. **Tip:** *You have just created a 'slurry'!*

5. Once the mushrooms have rehydrated, remove them with a slotted spoon, and transfer into a separate dish. Gently cut up the larger pieces with some kitchen scissors.
6. Re-whisk the 'slurry'. Whilst stirring the broth, pour the slurry into the measuring jug. Whisk until combined.
7. Heat 1 tbsp of oil in a non-stick pot over a medium low heat. When hot, add the garlic and mushrooms. Gently fry the mixture for about 1 min. Pour in the broth whilst continuously whisking. Keep whisking until the gravy has thickened. Remove from the heat. Taste and season it as necessary. **Tip:** *The gravy will not take long to thicken (only about a minute); at the end the gravy will have a gorgeous sheen! :)*
8. Serve warm. Ladle over your roasted vegetables, mashed potato and many other plant-based goodies you intend to have during this festive period, and all of the delicious meals you have lined up in the New Year ahead!

Enjoy!

### Notes:

- Refrigerate any leftover gravy in an airtight and resealable container; reheat and consume within 2-3 days. Alternatively pour the (cooled) gravy into an air-tight and releasable container or freezer baggie; defrost, reheat and consume within 2 months
- We found the 'thickness' of the gravy to be just right; even after spending a night in the refrigerator it was not too gelatinous! However, if you prefer a thinner gravy, just add a little less starch. Also, if you feel it is too thick the next day, just add a splash of water and then reheat; make sure to reheat this gravy in a non-stick pot over a low heat (or in a microwave for minimal time) until hot- but do not allow it to boil!
- For cooking ease, prepare this a day in advance! The flavours will be just as delicious (if not more so) the next day!