



Creative Juices
Consulting

Shiitake Mushroom Gravy

1 cup mixed chopped mushrooms (shiitake, maitake, oyster or crimini)
1 ½ Tbsp grape seed oil
1 Tbsp minced shallot
1 garlic clove, minced
4 Tbsp butter
1/3 cup white whole wheat flour
4 cups organic vegetable or chicken stock
1 tsp sage
¾ tsp salt
½ tsp dried thyme
½ tsp ground black pepper

Directions:

Heat grape seed oil in a skillet over med-high heat. Add mushrooms and saute until tender and browned, about 6 minutes. Add 1 Tablespoon of the butter, shallot and garlic. Saute 2 minutes. Set aside.

In large skillet, melt the remaining 3 Tablespoon butter over medium heat. Whisk in flour. Cook, whisking constantly 3 or 4 minutes until browned and smooth. Slowly whisk in chicken stock, whisking mixture smooth between additions. Bring to a boil, whisking occasionally. Reduce heat to medium and stir in sage, salt, thyme and pepper. Simmer, stirring occasionally, until desired thickness, 10 – 15 minutes. Stir in mushroom mixture and cook 5 minutes.

Can be chilled up to 3 days. Reheat adding more broth if needed.