

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## Shiitake Gravy

Inspired and adapted from a recipe from a [Saveur](#) video.

A bit complex to prepare, yet so worth the extra effort.

Shiitake gravy can be made in advance through step 6. Then complete it about 15 minutes before serving. Add an extra 5 minutes to the time if the sauce is cold when you add it to the mushrooms.

Makes 4 cups

Active time: 40 minutes

Total time: 1 hour 20 minutes

1 medium onion, ½-inch diced, about 2 cups

1 cup carrots, ¼-inch sliced

1 cup celery, ¼-inch sliced

¼ cup butter

Few sprigs fresh thyme

½ cup fresh parsley

1 ounce dried porcini mushrooms

Stems from 1/3 pound fresh shiitake

1 large bay leaf

2 cloves garlic, peeled and halved

1 tablespoon sundried tomato paste

10 twists freshly ground pepper

½ teaspoon salt

5 tablespoons unbleached white flour (or rice flour or Bob's Red Mill Gluten-Free Flour)

5 cups water

2 tablespoons butter

1/3 pound shiitake caps, sliced

1 scant tablespoon balsamic vinegar

1. Prepare all the vegetables.
2. Add ¼ cup of butter to a 12" sauté pan over medium-high heat. When melted, stir in the onion, carrots and celery. Cover the pan and cook for 5 minutes.
3. Uncover the pan and add the thyme sprigs, parsley, dried mushrooms, shiitake stems, bay leaf, garlic, tomato paste, salt and pepper. Stir the mixture together and continue to cook, stirring occasionally, until everything is deeply colored, about 15 minutes.
4. Sprinkle over the flour and stir it into the vegetables. Cook another 5 minutes to brown the flour.
5. Remove the pan from the heat and very gradually stir in the water, stirring in the browned bits on the bottom of the pan as you go. As each amount of water thickens, stir in more water. Put

the sauté pan back on the flame. Simmer the sauce about 20-25 minutes till thickened.

6. Strain the sauce through a strainer. Push down on the solids to extract as much flavor as possible. (Note: you can prepare the sauce in advance to this point and refrigerate it for a couple of days before continuing with the recipe.)
7. Add the remaining 2 tablespoons of butter to the same sauté pan. When hot, stir in the sliced shiitake. Sprinkle with salt and freshly ground pepper to taste. Cook a couple of minutes until the shiitake are soft. Stir in the strained sauce and bring the mixture to a boil. Reduce the heat so the sauce simmers. For a non-vegetarian stock, stir in the pan drippings from roasting the turkey. Continue to reduce the gravy until it is the right consistency.
8. Just before serving, stir in the balsamic vinegar and adjust the salt and pepper to taste.