

Mushroom Gravy



<https://youtu.be/XSGEwqycung>

Makes 1½ cups or 375 ml

Ingredients

4 tbsp (56 g) unsalted butter	2 cups (500 ml) beef broth
1 tbsp (15 ml) neutral oil	1 tsp (5 ml) soy sauce
8oz (227 g) button mushrooms chopped	1/2 tsp (2 g) granulated sugar
2 sprigs of fresh thyme	1 tsp (5 g) Dijon mustard
3 tbsp (24 g) all-purpose flour	Fresh parsley for garnish

To Make the Sauce

To a saucepan over high heat, add 1 tbsp (14 g) of butter and the neutral oil. Once the butter starts to brown, add the mushrooms. When tender, add the sprigs of fresh thyme. Turn the heat to medium and cook until golden brown.

Make a well in the center of the pan (moving the mushrooms to the sides) and add 3 tbsp (42 g) of butter. Melt it down over medium heat. Then add the flour on top of the butter. Mix the flour into the butter first, then combine with the mushrooms and cook for 2 to 3 minutes.

Pour in the beef broth, stir scraping the sides and bottom of the pan to release any bits into the liquid. Add the soy sauce, bring to a simmer over medium heat, and reduce down until the sauce is as thick as you would like.

Once thick, remove the thyme sprigs from the pan. Turn the heat to low, add the sugar and Dijon mustard, and mix. To incorporate the mustard into to the sauce, I would recommend using a whisk.

Taste and adjust the seasoning as needed by adding salt and pepper.

Tips & Substitutions

Let the mushrooms brown properly instead of stirring constantly. Giving them time to sit against the pan develops a deeper, richer flavor instead of steaming them.

Using a mix of mushrooms like cremini, shiitake, or portobello will give the gravy a savory and more complex flavor.

For even more flavor, sauté a minced shallot or garlic clove with the mushrooms.

Beef broth can be replaced with chicken broth for a lighter flavor or vegetable broth for a vegetarian version.

Soy sauce can be substituted with Worcestershire sauce or tamari for a gluten-free option.