

UMAMI GRAVY

Preparation: **10** minutes | Cooking: **50** minutes | Servings: **9**

INGREDIENTS

1/2 pound cremini mushrooms
1/2 ounce dried porcini mushrooms
4 cups bone broth or organic chicken stock
2 tablespoons ghee (or fat of choice)
1 teaspoon tomato paste
1/2 teaspoon fish sauce
3 garlic cloves, minced
3 fresh thyme sprigs
2 onions, diced
Kosher salt
Freshly ground pepper



INSTRUCTIONS

Rinse your dried mushrooms with cool water, and place them in a small bowl. Add enough water to your bowl to cover the mushrooms, and set aside for at least 30 minutes to soften. In a medium saucepan, melt your ghee or fat over medium heat. Add your onions, and sauté for 10-15 minutes or until translucent. Add the tomato paste and fish sauce. Stir your ingredients to evenly distribute the umami boosters before dumping in the sliced cremini mushrooms. Cook your mushrooms until the liquid is released and evaporated, approximately 10 minutes. In the meantime, remove the reconstituted porcini mushrooms from the bowl of water, and roughly chop them up. Next, add the garlic to the saucepan and cook for 30 seconds or until fragrant. Then, mix in the reconstituted dried mushrooms, pour in the broth and drop in the thyme sprigs. Increase the heat to high, and bring the gravy to a boil. Once boiling, decrease heat to medium-low to maintain a strong simmer/low boil, and cook until the gravy has reduced by half, about 30 minutes. Be patient — you want half of the liquid to evaporate to concentrate your flavors. You do not want the gravy to be thin and watery once blended. Remove your gravy from the heat. Take out the thyme twigs, and season to taste with salt and pepper. Using an immersion blender or a regular blender, purée the gravy until smooth. Serve and enjoy!