

MUSHROOM GRAVY

If you don't like mushrooms (like some people I know) simply delete them from this recipe. It still tastes wonderful, and depending on the bullion you use will work for beef or poultry.

1 can (8 oz.) sliced Mushrooms
2 Tablespoons Butter
2 Tablespoons Flour
1 Bullion Cube (chicken or beef, depending on what you're serving)
¼ teaspoon Salt
¼ teaspoon Pepper
1 1/2 teaspoons Worcestershire Sauce
¾ cup Water or Milk to make 1 Cup

Drain juice from the can of mushrooms into a 1 cup measuring cup and save. Add enough water or milk to make one cup liquid.

Crush the bullion cube, and mix into your water.

Melt butter in a saucepan over medium heat. Add the flour, and stir for about 2 minutes. What you are making in this step is actually called a roux, (pronounced 'roo') and is the base for MANY sauces. The Cajuns cook their roux until it is a deep brown, or as Emeril Lagasse says, "about 2 beers". The extra time adds a rich color to your gravy, and changes the taste slightly. Whether or not you want to cook it that long is a matter of taste, but for your roux to work, the flour and butter need to be hot and bubbly for at least a couple of minutes as you stir constantly.

Add the water/milk to the mushroom liquid to make one cup, then the salt and pepper, mushrooms, and Worcestershire, and bring to a boil. Boil and stir for 1 minute. Check the consistency of your gravy, remembering that it will thicken as it cools. If it is too thick, add water (or milk) one Tablespoon at a time. If it is too thin, you can add a thickener, but I recommend stirring it over medium heat to reduce it to the desired thickness.

If you choose not to use mushrooms, simply use 1 cup of water or milk.

For creamier and lighter colored gravy, use milk instead of water