

Roasted Garlic Gravy

Prep Time: 10 minutes

Cook Time: 80 minutes

Total Time: 90 minutes

Servings: 4-5 cups gravy

Serving Size: ¼ cup gravy

Ingredients:

1 large head garlic	5 tablespoons organic unsalted butter*
2 tablespoons grapeseed oil plus additional for drizzling	1/3 cup all purpose flour**
1 leek, quartered and washed	½ teaspoon salt
1 onion, left unpeeled, quartered	½ teaspoon pepper
2 carrots, quartered	
2 celery ribs, quartered	
1 bay leaf	
1/2 teaspoon black peppercorns	
1 1/2 cups dry white wine	
1/3 cup soy sauce	
6 cups cold water	

Directions:

1. Preheat oven to 400 degrees.
2. Separate 6 cloves from garlic (do not peel), drizzle with a little olive oil, and double-wrap tightly in foil. Roast until garlic is very soft, about 45 minutes. When done, remove cloves from peels and smush with a fork until resembling a puree. Set aside.
3. While garlic roasts, heat oil (2 tablespoons) in a 4-to 5-quart heavy pot over medium heat until it shimmers, then cook vegetables, remaining garlic cloves (separated but not peeled), bay leaf, and peppercorns, stirring occasionally, until browned, about 8 minutes.
4. Stir in wine and boil until most has evaporated.
5. Add soy sauce and water and simmer, uncovered, 30 minutes.
6. Strain stock through a fine-mesh sieve into a large measuring cup. You should have about 4 cups total. If you do not, boil to reduce; if less, add water.
7. Melt butter in a heavy medium saucepan over medium heat. Stir in flour and garlic purée and cook, stirring, 2 minutes. Slowly add stock, whisking, and then simmer 3 minutes.
8. Season with salt and pepper.

Tips and Tricks:

*Make this recipe dairy free by using vegan butter. You can also sub ghee here instead if you prefer.

**Make this recipe gluten free by substituting a scant 1/3 cup brown or white rice flour.

Nutritional Information Per Serving:

Calories: 69.4
Fat: 4.4 g
Cholesterol: 7.8 mg
Sodium: 206.6 mg
Total Carbohydrate: 4.4 g
Dietary Fiber: 0.6 g
Sugars: 0.6 g
Protein: 0.8 g