

Mushroom Gravy and Millet with Root Vegetables

You read that right, this is Gravy with Millet, not Millet with Gravy. Once you taste the gravy you will know why. It is so amazing you might just pass on the millet altogether and eat a big bowl of gravy... I know from experience.



Prep time
10 min

Cook time
30 min

Ingredients

Millet

- 1 ½ Tbsp olive oil
- 1 medium carrot
- 1 medium parsnip
- ¼ small celery root
- ½ small onion
- 2 Tbsp dried wild mushrooms
- 1 cup millet
- 2 cups of low sodium vegetable broth
- 1 clove of garlic, crushed

Gravy

- 2 Tbsp dried wild mushrooms
- 1 ½ Tbsp olive oil
- 400g crimini mushrooms, thinly sliced
- ½ cup dry white wine
- 2 Tbsp soy sauce
- 2 Tbsp nutritional yeast
- 2 tsp chopped rosemary
- 1 tsp dried paprika
- 2 cups of low sodium vegetable broth
- 2 Tbsp cornstarch

Serves 4

Directions

1. Peel and chop up the carrot, parsnip, celery root and onion into larger than smaller chunks.
2. In a large saucepan on high heat add the oil and the carrot, parsnip, celery root and onion. Cook for about 7 minutes, they should still be quite firm.
3. Reduce the heat to medium, add the dried mushrooms, millet and vegetable broth, and bring to a boil. Stir, reduce the heat to low, cover and simmer for 15-20 minutes. After 15-20 minutes there might still be a little liquid left, this is fine. Let it stand covered for 5 minutes then add the crushed garlic and fluff with a fork.
4. Be cautioned that, like rice you can overcook millet to a big sticking unidentifiable blob. So it might be good to set a timer when cooking it.

Meanwhile get started on the gravy.

1. Soak the dried mushrooms in a bit of boiled water, less than ¼ cup. Just to soften them up.
2. In a large skillet heat the oil over a medium – high heat. Add the crimini mushrooms and sauté for 5 minutes.
3. Reduce the heat to medium, add the dried mushrooms with their water, the wine and the soy sauce. Cover and simmer for 2 minutes.
4. Remove the cover and simmer for an additional 2 minutes, to allow some of the liquid to cook off.
5. Stir in the nutritional yeast, rosemary and paprika. Mix the cornstarch with the vegetable broth, ensuring all of the clumps are broken up. Add into the mushroom mixture and cook for another 7-10 minutes until it thickens.
6. Spoon the gravy into shallow bowls topped with the millet.

Cook's Tip

If you are cooking for a little one, who has yet managed the art of hold a fork when it's time to fluff the millet don't reach the spoon all the way down to the bottom of the pot. This will let the millet on the bottom to stay together in bigger clumps that can be easily grasped by little hands.



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