

Mushroom Sauce

Smother your favourite piece of steak with this hard to resist mushroom sauce. It's quick, easy and extra tasty (look for my special flavour tip).



I've posted this recipe in response to a reader from my Flavours of Home facebook page who requested more sauce recipes.

The type of sauce or sauces weren't specified (I did ask), so I have taken a punt and decided to post a recipe for mushroom sauce.

Mushroom sauce is one of those crowd pleasing recipes that's

enjoyed by most people; unless of course you don't like mushrooms.

At home, we usually pour the mushroom sauce over a piece of steak cooked medium rare.

When I say 'pour', what I really mean is that we totally smother our steaks with the sauce, which leads me to my ***special flavour tip***.

If you are grilling or pan frying protein such as steak or chicken to go with your sauce, tip the juices from the plate on which the meat has been resting into the sauce. Why waste flavour?



One more tip. I use dark soy sauce because I like a mushroom

sauce that has a darker, warmer colour. Dark soy sauce is quite salty, which is why I haven't included salt in the list of ingredients. You may wish to add salt at the end, but make sure you taste the sauce first!

Like my mother always says, "If you don't taste, you won't know".

Danielle

Preparation Time: 5 min Cook Time: 10 mins Servings: 4

Ingredients

- 200 g / 7 oz button mushrooms, thinly sliced
 - 2 cloves garlic, grated
 - 1 small onion, chopped finely
 - 2 tsp Dijon mustard
 - 2 tsp dark soy sauce (note 1)
 - 40 g / 1.5 oz **unsalted** butter
 - 1 tbsp olive oil
 - 1 1/2 cups chicken stock (note 2)
 - 1 tbsp plain / all purpose flour
 - black pepper
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Instructions

1. Melt butter in a pan over low heat. Once melted, turn up the heat to moderate. Add the olive oil and finely chopped onion. Saute until soft.
2. Add the garlic. Saute for 30 seconds.
3. Add the mushrooms and cook until they have softened.
4. Sprinkle the flour over the mushrooms. Stir. Saute for another minute.
5. Gradually add the chicken stock whilst continuously

- stirring (this is to avoid lumps forming).
6. Add the Dijon mustard and dark soy sauce.
 7. Cook the sauce until it has thickened to your liking.
 8. Add black pepper.
 9. Taste and adjust the seasoning if necessary. Pour it over your chosen protein. I suggest some bread to mop up any left over sauce.
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Notes

1. Dark soy sauce is quite salty. For this reason, I haven't added salt to the ingredients list. Make sure you taste first before you add any additional salt.
2. I use chicken stock powder to make my stock. I do this as chicken stock cubes/bouillons can be quite salty. By using chicken stock powder, I can more easily control how salty my stock will be. Otherwise, use just **half** a cube or bouillon.