

Mushroom Risotto, Biscuits & Gravy, and a Winter Salad

VEGAN MUSHROOM GRAVY

~30 minutes

Yields 3 ½ cups

Based off a NYTimes recipe

Ingredients:

- ½ C extra-virgin olive oil
- ½ small onion, finally chopped → ½ C
- 8 oz baby portobello mushrooms, finely chopped → 2 C
- ½ C all-purpose flour
- 4 - 5 C vegetable stock, preferably homemade
- 1 tspn. Soy sauce
- 2 T mild yellow miso (optional)
- ½ tspn. Kosher salt (or to taste)
- ¼ tspn black pepper (or to taste)

Steps:

1. In a large skillet, heat oil over medium-high heat. Add onion and mushrooms; cook, stirring, until well browned, 8 to 10 minutes.
2. Sprinkle in flour and cook, stirring, until golden brown, 3 to 5 minutes. Slowly whisk in vegetable stock, a little at a time, until a smooth sauce forms. Simmer for 2 to 3 minutes until thickened. Season with soy sauce, salt and pepper. Serve as is, or pass it through a fine mesh strainer.

MUSHROOM RISOTTO

~30 minutes cooking

Yields 4 - 6 servings

Based off a recipe from Loves & Lemons Food Blog

Ingredients

- 4 tablespoons extra virgin olive oil
- 1½ pounds mixed mushrooms, chopped
- ¾ teaspoon sea salt, plus more to taste
- Freshly ground black pepper
- 1 medium yellow onion, chopped
- 2 garlic cloves, finely chopped
- 1 tablespoon fresh thyme leaves
- 1½ cups uncooked Arborio rice
- ⅔ cup dry white wine
- 5 cups warmed vegetable stock
- ½ cup grated pecorino or Parmesan cheese*, plus more for serving
- Chopped fresh parsley, for garnish

Instructions

1. Heat 2 tablespoons of the olive oil in a Dutch oven or large, deep skillet over medium heat. Add the mushrooms, ½ teaspoon of the salt, and several grinds of pepper and toss to coat. Cook, stirring only occasionally, for 8 minutes, or until soft and browned. Remove from the pan and set aside. Work in batches if necessary.
2. Wipe out the pan and return it to the heat. Add the remaining 2 tablespoons olive oil, the onion, and the remaining ¼ teaspoon sea salt. Cook, stirring occasionally, for 5 to 8 minutes, or until softened. Stir in the garlic, thyme, and rice. Let cook for 1 minute, then add the wine. Stir and cook for 1 to 3 minutes, or until the wine cooks down.
3. Add the broth ¾ cup at a time, stirring constantly and allowing each addition of broth to be absorbed before adding the next. With the final addition of broth, stir two-thirds of the sautéed mushrooms into the risotto. Cook until the risotto is creamy and the rice has a slight al dente bite. Stir in the cheese and season to taste.
4. Top with the remaining sautéed mushrooms, garnish with parsley, and serve with more grated cheese, if desired.

Mushroom Risotto Recipe Tips

- Don't stir the mushrooms too much. The first step in this mushroom risotto recipe is to sauté the mushrooms. You want them to get tender in the middle and browned and crisp around the edges. The mushrooms need consistent contact with the hot pan in order to brown, so, for the best browning, it's important that you stir only occasionally. Just give them a good toss every couple of minutes. If your pan is too crowded when you add the mushrooms all at once, feel free to work in batches.
- But stir the risotto often. Unlike the mushrooms, the risotto needs a lot of stirring! Without frequent stirring, the starches will become gummy and burn in the pan, and you won't end up with a smooth and creamy risotto.
- Add the broth 3/4 cup at a time. Not all at once! After each addition, stir constantly until the rice has nearly absorbed the liquid, then pour in 3/4 cup more. The gradual additions allow you to control the consistency of the risotto. Cook until the overall texture is creamy but the individual grains of rice retain a slight bite.
- Stir in some of the mushrooms, and pile more on top. The ones you stir in will soften slightly but infuse the risotto with umami flavor. The ones on top will stay lightly crisp, creating a fantastic combination of textures!
- It will thicken as it sits. This mushroom risotto is best freshly made, but leftovers will keep in an airtight container in the fridge for up to 3 days. Note that the risotto will thicken in the fridge, so you might need to stir in an extra splash of water or stock when you reheat it.

BUTTERMILK BISCUITS

~15 minutes cooking

Based on How to Cook Everything by Mark Bittman

- 2 cups all purpose flour
 - 1 scant teaspoon salt
 - 3 teaspoons baking powder
 - 1 teaspoon baking soda
 - 2-5 tablespoons cold butter (more is better)
 - 1 cup buttermilk (can substitute plain yogurt)
1. Preheat the oven to 450
 2. Mix the dry ingredients together in a bowl or food processor. Grate the butter with a cheese grater. Fluff with a fork as you go. Pick up a bit of the dry ingredients, rub them with the butter between your fingers, and drop them again. All the butter should be thoroughly blended before proceeding.
 3. Use a large spoon to stir in the buttermilk or yogurt, just until the mixture forms a ball. Drop tablespoons of dough onto a greased baking sheet.
 4. Bake 7-9 minutes or until the biscuits are a beautiful golden brown. Serve within 15 minutes for them to be at their best.

SPINACH SALAD

Based on a recipe in Zabet's head

Ingredients for Salad:

- Fresh spinach
- A sweet red apple, like gala or honeycrisp, thinly sliced
- Crumbled goat or feta cheese. In a pinch, I use shredded parm!
- Thinly sliced red onion (or shallot)
- A handful nut or seed – pepita seeds, toasted walnuts, etc.

Ingredients for Dressing:

- Lemon
- 1 clove garlic (grated)
- Tspn of dijon mustard
- Dash of honey
- Dash of salt and pepper to taste

- Herbs (like thyme) optional!

Instructions

1. In a large bowl, place the spinach, apple, and onion. Add some of the dressing and toss to combine.
2. Add the nuts and cheese. Add more dressing, as desired. Season to taste and serve.

Simple Lemon Vinaigrette:

In a small bowl, whisk together the lemon, maple syrup/honey, garlic, mustard, salt, and pepper. Drizzle in the olive oil while whisking, and continue to stir until the dressing is emulsified. Alternatively, combine everything in a Mason jar with a tight-fitting lid, and shake to combine. Season to taste, and enjoy!