



VICTORIA'S RICH GRAVY



MINUTES TO PREPARE
2



MINUTES TO COOK
30



MAKES
750ml jug

INGREDIENTS

2 onions, peeled and thinly sliced
2 garlic cloves, peeled and crushed
1 tablespoon cold-pressed rapeseed oil
700ml water
1 teaspoon cornflour
1 teaspoon cold water
1 teaspoon Worcestershire sauce
1 teaspoon soy sauce
1 teaspoon marmite
2 pinches Maldon sea salt
Freshly ground black pepper

You will need a saucepan and a hand blender.

LET'S GET COOKING

- 1 Place the rapeseed oil in a medium sized sauce pan over a high heat. Add the onions and stir. Cook until they start to turn golden brown.
- 2 Turn down the heat to low and leave them to cook for 20 minutes, stirring occasionally.
- 3 Add the garlic and cook for a further 2 minutes.
- 4 Add the water, Worcestershire sauce, soy sauce, marmite and salt. Bring to the boil.
- 5 In a small bowl, make a paste with the cornflour and teaspoon of cold water. Add to the boiling saucepan of gravy and stir well.
- 6 Season with freshly ground black pepper and take off the heat. Blend very well with a hand blender until smooth.
- 7 Bring to the boil again. Turn down to a simmer and leave to cook simmering for at least 5 minutes (or longer.)
- 8 Any leftovers can be added to casseroles, Bolognese, mince or curries. It also freezes well.

"One thing I adore about cooking is that you never stop learning. Recently, while at a friend Victoria's house, she was making a delicious gravy to go with the sausages and mash that we were having for dinner. Gravy from scratch (without pan juices from a roast) is something I've been playing with this year as I hands up refuse to buy gravy granules. And some meals simply taste better with gravy! This recipe is divine; it's healthful; it's rich; it's thick. That gets my vote..."

The key is to cook the onions for a long time to get the flavour locked in and soften them (a bit like a French onion soup!) Try adding chopped celery and celeriac to the base of the gravy if you have any spare in the fridge"