
Red Wine Gravy

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Servings: 8

1 tablespoon extra-virgin olive oil
4 shallots, finely diced
2 tablespoons all-purpose flour
1 cup low-sodium vegetable stock
1 cup dry red wine
2 tablespoons tamari
1 teaspoon sugar
Kosher salt
freshly ground pepper

In a medium saucepan over medium heat, heat the olive oil. Add the shallots. Reduce the heat to medium-low and cook, stirring, until they start to caramelize, 8 to 10 minutes. Stir in the flour and cook, stirring, until light golden brown, about 4 minutes. Slowly add the vegetable stock and red wine, whisking constantly so that no lumps remain. Increase the heat to medium-high. Cook, stirring, until the gravy thickens, 2 to 3 minutes. Add the tamari and sugar and season with salt and pepper.

Condiments, Sauces

Per Serving (excluding unknown items): 52 Calories; 2g Fat (49.1% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 27mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.