

Grilled Portobello Mushroom over Mashed Cauliflower with Mushroom Gravy

Prep time	Cook time	Total time
15 mins	30 mins	45 mins

The mushroom gravy is definitely optional and this recipe tastes delicious with or without it. Here is the [link](#) to the rich and delicious mushroom gravy.

Author: Ordinary Vegan
Serves: 2



Ingredients

Grilled Mushrooms

- 2 large Portbello Mushrooms
- Sprinkle of salt & ground black pepper
- 1 teaspoon of extra-virgin olive oil

Cauliflower Mash

- 1 medium head of cauliflower, trimmed and cut into small florets
- 1 teaspoon of extra-virgin olive oil
- ¼ cup vegetable broth
- ¼ teaspoon salt & ground black pepper (or more or less to taste)
- ¼ teaspoon nutmeg (or more to taste)
- sprinkle of cayenne pepper (optional - it definitely adds some heat)
- handful of your favorite fresh herbs (optional)

Instructions

1. Pre-heat the grill or use a greased grill pan over medium high heat.
2. Heat oven to 400 F. Toss cauliflower with olive oil. Sprinkle a little salt & ground black pepper over top. Place cauliflower florets on a baking sheet lined with parchment paper or aluminum foil. Bake until golden and tender, about 30 minutes. Transfer to a food processor.
3. Add half the vegetable broth, salt & ground black pepper, nutmeg and cayenne pepper (if using). (you can add your favorite herbs now too)
4. Purée until smooth adding a little more vegetable broth if needed. It should have a mashed potato consistency. You can also add a tablespoon or two of vegan butter for richness.
5. Meanwhile, clean mushrooms and remove stems. Reserve stems for another use or for the mushroom gravy. Brush the mushrooms with the olive oil. Season with salt and ground black pepper.
6. Place the Portobellos stem side up on the hottest part of the grill. Cook for about 5 minutes or more. Flip to the other side and cook for an additional 5 minutes or more depending on grill heat. They should be soft and juicy with strong grill marks. Slice and serve immediately over hot cauliflower mash.

Recipe by Ordinary Vegan at <http://www.ordinaryvegan.net/grilled-portobello/>

Rich & Delicious Mushroom Gravy

*if you don't like the idea of using a seasoning called poultry (although there is not poultry in the seasoning) - you can make your own by mixing together 2 teaspoons ground sage 1½ teaspoons ground thyme 1 teaspoon ground marjoram ¾ teaspoon ground rosemary ½ teaspoon nutmeg ½ teaspoon finely ground black pepper Store in a tight well fitted jar.

Author: Ordinary Vegan
Cuisine: Gravy
Serves: 3 cups



Ingredients

- 2 tbsp olive oil
- 3 cups low-sodium vegetable broth
- 1 cup chopped white onion
- 4 cloves garlic, chopped
- 8 ounces of mushrooms - any kind I used portabello, white & brown (which is approximately 3 cups chopped)
- 1 tsp poultry seasoning *see note in summary
- 2 tbsp fresh thyme, finely chopped
- 2 tbsp fresh rosemary, finely chopped
- Salt & Pepper
- ¼ cup dry red wine
- 2 fresh sage leaves, chopped

Paste

- 2 tbsp reduced-sodium tamari
- 3 tbsp nutritional yeast
- 2 tbsp whole-wheat flour (for gluten free gravy - use rice powder)
- ¼ tsp ground black pepper

Instructions

1. In a large sauce pan, heat olive oil.
2. Add onion and mushrooms and saute three minutes.
3. Add garlic and poultry seasoning and saute until onion is translucent about another minute or two.
4. Add red wine and cook one minute, stirring constantly. Stir in remaining 3 cups of broth and fresh herbs. Bring to a boil, reduce heat and simmer.

Paste

1. Meanwhile, in a small bowl, whisk together tamari, yeast and flour to form a thick paste.
2. Add mixture to pan, whisking constantly to make sure the paste dissolves. Bring to a boil and boil another minute, stirring constantly. Add salt, pepper and fresh sage.
3. Adjust seasonings.
4. If you prefer it thicker, thicken with flour or cornstarch. 1 tablespoon flour (or cornstarch) to 1 tablespoon of water to make a paste and add. Keep adding and whisking to desired thickness.

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