



Champagne Mushroom Sauce

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



91 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 ounce porcini mushrooms dried (other mushrooms will work if porcini are not available)
- 1 cup vegetable stock
- 2 cups champagne
- 0.3 cup shallots minced
- 3 Tbsp butter unsalted for the roux
- 3 Tbsp flour all-purpose
- 8 servings salt

Equipment

- bowl
- sauce pan
- whisk
- pot
- sieve

Directions

- Add the stock and dried mushrooms into a medium sized pot. Cover and bring to a boil, then reduce heat to its lowest setting.
- Reduce champagne with shallots, whisk in butter: In separate medium sized pot, add the sparkling wine and shallots. Bring to a rolling boil, and boil until the wine has reduced to 3/4 of a cup.
- Turn off the heat and wait until the wine stops simmering, then whisk in 1/4 cup of butter, a little at a time.
- Make roux with butter and flour:
- Heat 3 Tbsp butter in a saucepan over medium-high heat. When the butter stops foaming, add the flour and stir well to combine. Stirring often, cook this roux for 5 minutes, or until it turns the color of coffee-with-cream.
- Slowly add hot stock to roux: Working with two hands, slowly add the hot stock (along with the mushrooms) to the roux. It will sputter and spit at first, but keep pouring in the stock and stirring. It will turn into a silky sauce.
- Whisk in butter shallot champagne mixture, pour through sieve: To finish, turn the heat off and whisk in the butter-shallot-sparkling wine mixture.
- Pour the mixture through a fine mesh sieve into a bowl, to strain out the mushroom and shallots.
- Add salt to taste and keep warm until you need it.
- Do not let it boil or the sauce may separate.

Nutrition Facts

 **PROTEIN 4.71%**  **FAT 58.43%**  **CARBS 36.86%**

Properties

Glycemic Index:18.75, Glycemic Load:2.12, Inflammation Score:-4, Nutrition Score:2.3452174235945%

Nutrients (% of daily need)

Calories: 91.14kcal (4.56%), Fat: 4.37g (6.73%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 5.61g (2.04%), Sugar: 1.75g (1.95%), Cholesterol: 11.45mg (3.82%), Sodium: 317.48mg (13.8%), Alcohol: 3.78g (100%), Alcohol %: 4.41% (100%), Protein: 0.79g (1.59%), Copper: 0.11mg (5.59%), Vitamin B5: 0.43mg (4.34%), Vitamin A: 196.03IU (3.92%), Manganese: 0.07mg (3.48%), Potassium: 116.35mg (3.32%), Vitamin B6: 0.06mg (3.22%), Folate: 12.14µg (3.03%), Selenium: 2.06µg (2.94%), Iron: 0.52mg (2.88%), Magnesium: 11.04mg (2.76%), Vitamin B2: 0.05mg (2.71%), Vitamin B3: 0.5mg (2.48%), Phosphorus: 24.29mg (2.43%), Fiber: 0.6g (2.38%), Vitamin B1: 0.03mg (2.24%), Zinc: 0.25mg (1.65%), Calcium: 10.97mg (1.1%), Vitamin C: 0.85mg (1.03%)