

## Vegan Gravy

This recipe is based on a non vegan version that is a family favourite in our family!! Once I decided to avoid animal products, I varied it to make it vegan and it is just as delicious and really enhances any appropriate meal.

It does, however, take a little practice to get right, so don't be discouraged if you don't succeed first off, it is well worth trying again, as the result is terrific and loved by all!

Ingredients: (serves 6)

1/4 cup Olive oil  
1 Tbsp flour of any type (gluten free if you need it)  
1 Tbsp cold water (or a little more or less)  
1 cup boiling water  
1 vegetable oxo cube  
1 vegetable stock cube or heaped teaspoon of veggie stock powder.  
1 tsp marmite or Vegemite

Method:

Put the olive oil in a small non stick pan and warm, do not allow it to get really hot. Add the flour a bit at a time and slowly incorporate with a wooden (or similar) spoon. It will become thick, so then remove from the heat and slowly, a bit at a time, add the cold water. This needs to bring the mixture back to being thinner but not totally watery. Put the pan back on the heat and warm slowly until it thickens again.

Meanwhile (or beforehand) boil the kettle and pop the stock cubes and marmite into a mug then add the boiling water. Stir for a little while to dissolve the stock fully in the boiling water. Whilst on a low heat, slowly and carefully add the stock mixture to the pan, stirring it in a bit at a time. Once it is all incorporated, bring the mixture to the boil and allow it to thicken fully. Add more water at this point if it is too thick.

Reserve in the pan off the heat with lid on (to avoid it skinning over) until the meal is ready and then rewarm not to boiling point and serve in a pre-warmed gravy boat.

This is such a great gravy, I guarantee you will love it once you get the hang of it. Should you find it is lumpy the first time, you can simply strain it through a sieve, it will still be fine. This still happens to me occasionally even after making this for a lifetime!!!