

CULINARY SERIES

MY BABA'S HOLUBTSI & MUSHROOM SAUCE



 ST. VLADIMIR INSTITUTE

My Baba's Mushroom Sauce

Recipe by Chef Mykola (Nick) Rutkay with advice from Anne Moskaluk and Darcia Moskaluk Rutkay

Equipment:

- Small-Medium Pot
- Whisk
- Rubber Spatula
- Table Spoon

Ingredients:

- 1 package of cremini mushrooms (approx. ½ lb)
- 1 medium sized onion diced
- 1 clove of garlic crushed
- 4 TBSP+ butter
- 2 TBSP flour
- 1 L Stock (Beef, Chicken, Turkey, Vegetable or Mushroom – Better Than Bouillon brand recommended)
- Salt and Pepper to taste

Directions:

1. Add 2 TBSP of the butter into the pot and melt down over medium heat. Add onions and mushrooms with some salt and pepper.
2. Gently cook down until the mushrooms start to shrink and smell nice and earthy. Mushrooms absorb quite a bit of fat. If they seem dry you can add additional butter or vegetable oil.
3. Once the mushrooms and onions have cooked down, add the garlic and cook down for about a minute.
4. Add the remaining 2 TBSP of butter and 2 TBSP flour. You are now making what is called a "roux". (Even parts flour and fat)

5. You want to cook the flour out until it starts to look golden in colour and smell a bit nutty.
6. Once you've cooked your flour out, begin adding a small amount of your stock (about ¼ cup at a time) and whisking quickly until you get a very thick paste. Then continue this process until you have used about half the stock. This ensures you do not get any clumps. Once you have incorporated about half your liquid, you can now add the rest of the liquid all at once.
7. Bring the sauce up to a gentle simmer* for approximately 1 minute or so. If you like a thinner sauce, you can simply add more stock. If you like a very thick sauce, don't add as much liquid. Note the sauce will thicken as it simmers for a minute after adding liquid. If you have added too much liquid you can mix equal parts butter and flour in a bowl and whisk it in a little bit at a time as the sauce simmers. You will get a bit of raw flour taste using this method so it's best to get it right the first time.
8. Taste the sauce and season with a bit more salt if you feel you need it.

***NOTE:** Do not heat the sauce up past a gentle simmer. If the sauce gets too hot it will cause the fat to separate and make for a loose oily sauce rather than a rich velvety texture.

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