



# Mushroom Essence



20 servings



1 ½ - 2 hours

## INGREDIENTS

- 500g Australian mushrooms
- 50ml olive oil
- 10g garlic
- 1 onion
- 2 springs fresh thyme
- 2 bay leaves (dried)
- 3g black peppercorns
- 10g sea salt (adjust to taste)
- 1L water or vegetable stock (sodium-reduced)
- 10ml soy sauce (for extra umami)

## USAGE & TIPS

This mushroom essence can be used to enhance the umami flavour in various dishes such as soups, stews, and sauces, or even as a base for risotto. Enjoy experimenting with this rich and flavourful essence in your cooking!

## METHOD

1. Clean the mushrooms with a damp cloth or soft brush to remove any dirt.
2. Slice the mushrooms, finely dice the onions and mince the garlic.
3. Heat the olive oil in a 3L pot over medium heat. Add finely diced onions and minced garlic, and sweat until soft.
4. Add the sliced mushrooms to the pot and cook until they release their moisture and start to brown.
5. Make a bouquet garni with the thyme, bay leaf and black peppercorns, then add to the pot along with the salt.
6. Add the water/stock and bring to a boil, then reduce to a simmer for 1-2 hours, Stir occasionally.
7. After 30 - 45 min (before it gets too thick) blend to a smooth puree using a stick blender. Then continue to cook until the mixture is rich in flavour.
8. Strain the liquid through a fine-mesh sieve or cheesecloth into a clean pot or bowl, pressing the solids to extract all of the liquid.
9. Return the liquid to the heat and simmer to reduce it to a concentrated essence. This can take another 30 minutes to 1 hour, depending on your desired intensity of flavour.
10. Taste the essence and adjust the seasoning if needed. Add extra salt or soy sauce for depth of flavour.
11. Once the essence is cool, transfer it to sterilised glass jars or bottles and store in the refrigerator.