

Onion Gravy - Delia

Ingredients

- 1 large onion, peeled and roughly chopped into largish pieces
- 1 dessertspoon of groundnut oil, dripping or lard
- 1 small knob of butter
- 1 dessertspoon of Worcestershire sauce
- 1 level teaspoon mustard powder
- 425ml vegetable stock
- 1 rounded dessertspoon plain flour
- Salt and freshly milled black pepper



Method

1. Place the frying pan over a medium-high heat and add the oil or fat and when it is hot stir in the onion with a wooden spoon, keeping them on the move until they are brown and caramelised on the edges.
2. Turn down the heat to medium and continue until the onion is soft.
3. Add the butter then stir in the flour. Stir quickly until all the flour has absorbed then stir in the mustard powder and gradually add the stock a little at a time, stirring all the while. Continue until you get the thickness you want.
4. Stir in the dessertspoon of Worcester sauce then taste and adjust with seasoning.
5. Let it simmer for about 10 minutes
6. Pour into a warmed serving jug.

Notes

This goes beautifully with Toad in the Hole and is suitable for vegetarians.