

Mushroom Sauce

Ingredients:

- 15-20 mushrooms, roughly chopped (fresh ones)
- 4-5 garlic cloves, minced
- salt to taste
- black pepper powder to taste
- 1 tbsp sattv dissolved in 2 tbsp water stirred well without lumps being formed
- few drops of cold pressed coconut oil

Method:

1. Simply roast the mushroom and garlic in coconut oil till they are cooked.
2. Add salt and black pepper powder.
3. Now add the sattv dissolved in water, and as you stir it well, you will see the mixture thicken.
4. Turn off the gas.
5. Let the mushrooms cool down.
6. Grind them with water to make the mushroom sauce.

Variations:

1. Can store the same in fridge for 4 to 5 days.

Use it for pasta, pizza, dips to thicken curries, as a dressing on sautéed vegetables, grilled chicken/fish or as salad accompaniments.

Super food mushrooms are rich in selenium, choline, Vitamin C, D and fibre.

They are rich prebiotic which nourish the good bacteria in our gut.

Use freshly available oyster or button mushrooms.

Make sure they are firm and the surface is dry while selecting them.

