

Pommes Rôtis avec Sauce

(Roasted Potatoes with Sauce)

Ingredients-

2T organic olive oil
1c chopped onion
1c chopped carrot
1c chopped celery
1c mushrooms, sliced
3 cloves garlic
2 ripe tomatoes
3/4 cup good grape juice
2T+ shoyu or tamari
6C water
2t black peppercorns
1t thyme
1 small bay leaf

1/4cup organic olive oil
1/3cup organic sifted flour
1 – 1 1/2oz red wine vinegar (optional)

Organic russet potatoes – plan on 8-10 ounces per person
Olive oil
Salt and pepper

Procedure-

Brown first three vegetables in 2 T oil over moderately high heat (10 – 15 minutes) in a large, heavy, steel fry-pan, stirring or scraping as needed.

Add mushrooms, garlic and tomatoes. Cook for five to ten minutes, stirring and scraping constantly to avoid scorching.

Deglaze pan with grape juice, scraping off any flavorful brown bits.

Add water, shoyu, peppercorns, thyme and bay leaf.

Bring to a boil, then reduce heat and simmer for 20 to 40 minutes. If it seems that most of the liquid has simmered away at any point, you may certainly add some more water. Strain through medium mesh and reserve.

Make roux by lightly browning flour in 1/4 cup oil over moderate to low heat in a heavy bottomed pan. Particularly here – scrape constantly to avoid burning.

Whisk vegetable stock into warm roux until desired consistency is attained.

Adjust the seasoning with vinegar, salt and pepper. Keep warm. Adjust texture by whisking in hot water - a little at a time - as needed.

Wash potatoes well, leaving skins on. Cut into wedges and put in a large bowl or pan. Cover with very hot water (tap is okay if it's truly hot) for 10 minutes. Pre-heat oven to 400°-450°.

Drain potatoes well and pat dry with a towel. Lightly coat with olive oil, sprinkle sparingly with salt, then roast potatoes on a flat stainless steel tray until browned (but not desiccated).

Eat hot with sauce.