



Best Ever Vegan and Vegetarian Red Wine Gravy

Replace granules with vegetables in this recipe for our best-ever **vegan** red wine gravy! Your Sunday spread will be complete with a full jug of this gravy to enjoy.

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No Sunday roast is complete without a generous coating of gravy, and this red wine enhanced version will ensure you never return to using granules again.

Is gravy vegan?

Traditional gravy contains meat, however vegan gravy granules are widely available in UK supermarkets.

Bisto's original gravy and onion gravy granules are suitable for vegans, and the Co-Op, Sainsbury's and Oxo also do vegan options. If you want to spend a bit longer and make your own gravy though, the flavour is your reward. This recipe is also packed with vegetables too, so it's nutritionally doing you a favour as well.

Is red wine vegan?

No, sadly not. But [why isn't all wine vegan?](#)

It's all down to the fining process. Fining agents are used almost like a magnet as they attract molecules in the wine to keep it clear and to stop it from clouding.

Typically the most commonly fining agents in non-vegan wines have been casein (a milk protein), albumin (egg whites), gelatin (animal protein) and isinglass (fish bladder protein).

Increasing amounts of wine makers have started to take a new direction and are now using animal friendly products like clay-based fining agents such as bentonite, and activated charcoal. These all give the same result as fining agents, but without the use of animal products.

To tell if a wine is vegan look at the bottle or refer to a site such as Barnivore.

Freezing tip

The gravy can be made in advance and frozen for up to 3 months. Simply defrost overnight in the fridge and reheat thoroughly before serving.

Total Time: 1 hour and 20 minutes

Ingredients (Servings: 8)

- 2 onions, chopped
- 2 carrots, chopped
- 2 leeks, chopped
- 1 bulb garlic
- 1 parsnip, chopped
- 3 large sprigs thyme

Method

1. Preheat the oven to 180°C/350°F/Gas Mark 4. Add the prepared vegetables, herbs, olive oil and garlic to a roasting tin with some seasoning. Transfer to the oven and roast for 40 minutes until soft and lightly charred.
2. Place a large pan over a medium heat and scrape the roasted vegetables, garlic, herbs and any juices into it. Add 1 tablespoon of the butter and allow to melt.

- 1 bay leaf
- 2 tbsp olive oil
- 500 ml fruity vegan red wine
- 2 tbsp plain flour
- 500 ml vegetable stock
- 2 tbsp redcurrant jelly
- 1 tbsp soy sauce
- 2 tbsp vegan Worcestershire sauce
- 1 tbsp dairy-free butter
- sea salt and black pepper, to taste

3. Stir in the flour and cook, stirring continuously for a few minutes. Gradually pour in the red wine, stirring all the time to avoid lumps. Allow to bubble and thicken, stirring occasionally.
4. Once the gravy base has thickened, strain it into a clean pan through a sieve, pushing and squeezing the vegetables with the back of a spoon to extract as much flavour as possible from them.
5. Into the clean pan, add the vegan Worcestershire sauce, redcurrant jelly, soy sauce and stock. Heat gently and slowly, stirring occasionally, until thickened.
6. When ready to serve, check the seasoning and adjust if necessary. Add the remaining tablespoon of butter at the last minute to make the gravy glossy.

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