



Seitan Porcini Beef Stew

From: Isa Chandra Moskowitz – Post Punk Kitchen

Serves: 6 - 8 time: 45 minutes

This is an amazingly flavorful and hearty vegan dish that even my meat eaters love! I like to add 2 bay leaves into the pot for a nice bit of background flavor.

gather:

- 1 tablespoon olive oil
- 1 large yellow onion, quartered and thickly sliced
- 1 teaspoon salt, plus a pinch
- 4 cloves garlic, minced
- 3 medium carrots, sliced on the bias 1/2 inch thick
- 1 cup dry red wine
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon sweet paprika
- 1/2 teaspoon ground fennel
- freshly ground black pepper
- 1 oz dried porcini mushrooms (or 8 oz fresh sliced)
- 3 cups vegetable broth
- 1-1/2 pounds potatoes (any type) cut into 1-1/2 inch chunks
- 1/4 cup all-purpose flour
- 1/2 cup water
- 3 tablespoons of tomato paste

- 3 vegan sausages cut into chunky half moons
- Fresh thyme or chopped fresh leaf parsley for garnish

cook:

Preheat a 4-quart pot over medium high heat.

Sauté onions and a pinch of salt in oil until translucent, 4 to 7 minutes. Add garlic, for about a minute, until fragrant.

Add carrots, wine, rosemary (crushed in your fingers), thyme (crushed in your fingers), paprika, fennel, fresh black pepper and salt and bring to a boil. The liquid should reduce in about 3 minutes.

Add porcinis and vegetable broth, cover and bring to a full boil for 5 minutes or so, to quickly cook the porcinis. Now add the potatoes, lower heat and bring to a simmer (not a full boil). Let the potatoes cook just until fork tender, about 15 minutes.

In a measuring cup, mix the flour into the water with a fork until no lumps are left. Slowly add the broth/flour to the pot, mixing well. Mix in the tomato paste. Let thicken for 5 minutes or so. Add the sausages and continue to cook. In about 5 more minutes it should be perfectly thick but still smooth. Taste for salt and seasonings and serve! Sprinkle individual servings with fresh parsley or thyme.

drink:

The 2014 Enriquez Estate Wines Tempranillo I used here definitely upped the “DAAAAYAMN!” factor as Isa might say, or a smooth merlot would be just as damn good!