la cuisine de Clorofil

BEAN BOURGUIGNON

A plant-based version of the beef Burgundy, a French beef stew braised in red wine. (Based on a recipe from the Culinary Institute of America.)

INGREDIENTS

serves 4

olive oil
2 oz smoked tempeh (opt)
3 shallots, diced
2 cloves garlic, minced
4 carrots, peeled, diced
12 oz cremini mushrooms, quartered
4-6 potatoes, peeled, diced (opt)
1 sprig thyme
1 sprig rosemary
1 bay leaf
1 can crushed or diced tomatoes
1 cup vegetable broth
1 cup red wine
(I use Pinot noir)
2 cans kidney beans, drained
salt and pepper, to taste
2 tablespoons vegan butter
(I use Earth Balance)
1 Tbsp corn starch

DIRECTIONS

In a large sauté pan (or Dutch oven), heat the oil over medium heat. Add the tempeh, shallots, carrots, and garlic, and cook until the shallots are translucent, about 5-6 minutes.

Add the mushrooms and potatoes, and continue to cook for 5-6 minutes more.

Stir in the thyme, rosemary, bay leaf, tomatoes, broth, and half of the wine. Bring the mixture to a boil, reduce heat to low, cover, and simmer until the vegetables are tender, about 20–25 minutes.

Add the rest of the wine, beans, salt, and pepper. Cover and continue to simmer until good flavor develops, about 20 minutes more. Remove and discard the herbs and bay leaf.

Combine the butter and corn starch in a small bowl. Add the mixture to the pan and allow the liquid to thicken. Remove from heat and serve.