Clorofil

CAULIFLOWER & WILD RICE STUFFING

This is an excellent recipe by Brian Patton published in a <u>VegNews Thanksgiving Cookbook</u>. I added a few notes in *italic*.

INGREDIENTS

serves 8

1 tablespoon vegan butter, plus more for greasing casserole dish (I use olive oil instead)

- $1\/2\$ cup diced carrot
- $1\ /2\ cup$ diced celery
- 1 /2 cup diced onion
- 1 /2 teaspoon salt

1 /4 teaspoon pepper

2 cups chicken-style stock (I use Better Than Bouillon No Chicken)

4 sprigs fresh sage

- 4 sprigs fresh thyme
- 2 sprigs fresh rosemary

8 garlic cloves, smashed 1 teaspoon ground fennel

seed

6 cups day-old baguette cubes

1 /2 cup cooked and cooled wild rice

3 cups cauliflower florets

2 tablespoons chopped

fresh Italian parsley

DIRECTIONS

Instead of using a saucepan, a mixing bowl, and a casserole dish, I do everything in one big Dutch oven.

1. Into a medium saucepan over medium heat, melt butter and add carrot, celery, onion, salt, and pepper. Cook for 4 minutes or until tender. Add stock, sage, thyme, rosemary, garlic, and fennel. Simmer over medium-low heat for 8 minutes. Discard garlic cloves and herb stems, and set aside. (*I like to save the garlic to use in another dish :*)

2. Preheat oven to 375 degrees. Into a large mixing bowl, add baguette cubes, wild rice, cauliflower, parsley, and stock mixture. Mix to combine and let rest for 5 minutes to allow bread to absorb liquid.

3. Rub a thin layer of butter on inside of a casserole dish. Pour stuffing into dish and spread out evenly. Bake for 40 minutes, remove from oven, and let rest 10 minutes. Serve immediately.