

Mushroom Wellington

Let this mouthwatering mushroom Wellington be the star attraction on our holiday table. A celebration of earth's wonders without harm.

Ingredients

serves 4

Portobellos:

2 small portobello mushrooms (or 2 large cremini)

2 cloves garlic, minced 2 tsp fresh thyme, finely

chopped

2 tsp fresh rosemary, finely chopped

olive oil salt & pepper

FILLING:

2 shallots, chopped

1 Tbsp fresh rosemary, finely chopped

1 Tbsp fresh thyme, finely chopped

1 Tbsp fresh tarragon, finely chopped

1 Tbsp fresh sage, finely chopped

2 cloves garlic, minced

1 Tbsp of white wine

(I use a Sauvignon Blanc)

1/2 Tbsp dark brown sugar 1/2 cup cremini

mushrooms, diced

1/2 cup oyster mushrooms, diced

1/2 cup shiitake mushrooms, diced

1 Beyond Meat sausage, Bratwurst or Sweet Italian

1 Tbsp of vegan butter (I use Earth Balance)

1/4 cup pecans, chopped

1/4 cup walnuts, chopped 1/4 cup fresh breadcrumbs

1 tsp of white truffle oil

olive oil salt & pepper

PASTRY WRAP:

1 vegan puff pastry, thawed (I use Pepperidge Farm) 1/4 cup soy milk

DIRECTIONS

1) Cook the portobellos:

Preheat oven to 350F. Place portobellos upside down in a lightly oiled baking dish. Top with herbs, garlic, salt, and pepper. Drizzle with olive oil. Bake until slightly browned but still holding their shape, about 20 minutes. Let it cool, discard juice if any, and cut in thick slices. Set aside.

2) Prepare the filling:

Heat olive oil in a large pan over medium heat. Add shallots with a pinch of salt and cook until soft and slightly browned, about 10 minutes. Stir in the herbs and garlic, cook for 3 more minutes. Mix in the white wine and brown sugar until dissolved. Cook for a couple more minutes, then transfer to a large bowl.

Heat olive oil in the same large pan over medium high heat. Sauté the chopped mushrooms with a bit of salt until tender. Don't crowd the mushrooms in the pan, cook in batches if needed. Transfer the sautéed mushrooms to the large bowl with the shallots and herb mixture.

Crumble the sausage and cook it in the same pan on medium heat. Once hot and slightly brown, about 8 minutes, add them to the large bowl.

Melt the butter and add to the large bowl.

Add the nuts and breadcrumbs to the large bowl. Combine everything. Add truffle oil, salt and pepper to taste.

3) Assemble the Wellington:

Lightly flour a piece of parchment paper, and roll out the puff pastry to form a $10' \times 14'$ rectangle.

Spoon half of the filling mixture onto half of the rectangle and leave a 1" border around as we will fold the pastry in half after the filling is added. See the video.

Place the portobellos on top of the filling, then add more filling on top of the portobellos. Softly mold the mixture into a log shape.

If you have too much filling, keep it and enjoy it with pasta.

Brush soy milk along the outer edge and center of the pastry. Fold the half of the pastry over the filling. Line up the edges. Use a fork to firmly seal the Wellington.

Bake the Wellington in oven at 350F until golden brown for about 1 hour. Let cool for at least 10 minutes. Brush with some truffle oil before serving warm.

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