

Beef-less Wellington

Recipe provided by Kerstin Gammon and Pierson McLean

Makes 3 pastries. Serves 6-8.

Preparation Time: 1 hour

Cooking Time: 20 minutes



Ingredients:

- 4 large Portobello mushrooms stems removed, halved then sliced in ¼" strips
- 2 cups roughly chopped assorted mushrooms (1/4" pieces) we used Hedgehog and Large Oyster. (remove stems if tough)
- 2 large shallots, minced
- 2T olive oil
- 3 cloves minced garlic
- 4 medium carrots peeled, sliced diagonally at 1/8"
- 10 mini sweet peppers roughly chopped
- ¼ cup finely chopped Italian parsley
- 1T finely chopped Sage
- ½ cup low sodium soy sauce
- 3C whole shelled walnuts, toasted at 400 degrees for 7 minutes until just browned
- 2 packages puff pastry (1.1 lbs.)
- 2T Red Wine (such as Cabernet)
- 1 egg
- Parchment paper

Equipment Required:

- Food processor or blender
- Pastry brush

Preparation:

Remove puff pastry from box. Remove paper wrapping, set on counter to completely thaw while preparing filling.

Toast walnuts at 400° Fahrenheit for 6-8 minutes until just turning brown. You should just begin to smell roasted nuts and they should not blacken. Remove from oven and set aside.

In large sauté pan, add olive oil, shallots, carrots, peppers, and garlic. Sauté on medium high until shallot just start to turn translucent. Add mushrooms. Stir well adding parsley and sage. Add wine and cover. Turn to simmer for 2 minutes then remove from heat.

Set oven to 375° Fahrenheit.

While mushroom mixture rests, prepare walnuts by pulsing slowly in food process or blender and slowly adding soy sauce. Mixture should resemble a fine grain and not a paste. Do not overprocess.

In large bowl incorporate mushroom mixture with walnut mixture. Set aside.

In small bowl whisk 1 teaspoon water with one egg.

Once puff pastry has fully thawed, lightly flour a work surface. Roll one rectangle sheet to 1/16" thickness. In center, put 1/3 of the filling. On all four sides, lightly brush egg mixture. Wrap together long sides first, then short sides of rectangle similar to forming a burrito. Seal each side well using a light brush of egg mixture. Once done, place sealed side down on a parchment lined baking pan.

Extra sheet of puff pastry can be used to cut out leaves or other decorations. Brush top of Wellington first, add decorations then add additional egg wash to decorations. Note that egg mixture should be brushed on lightly to help keep proper pastry texture. Once decorated, be sure to vent Wellington by placing several small pricks with knife.

Continue with remaining two Wellingtons. Bake at 375° Fahrenheit for 20 minutes or until puff pastry is golden throughout.

Enjoy Wellington with mixed greens salad with balsamic vinaigrette.

Wine Pairing: Longevity Wines' 2017 Livermore Valley Zinfandel, Sblendorio Vineyard