Modern Vegan Beef Wellington
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Classical v. Modern Recipes: Modern

Vegan Beef Wellington
Yield: 6, 6-ounce servings

Seitan Steak
Yield: 1 log, 6-8 portions

Ingredients:
6 oz. cremini mushrooms (weight before roasting), dry roasted
10 oz. beets, shredded
2 oz. shallot, roughly chopped
3 oz. garlic, chopped with stems removed
6 oz. tamari
3 oz. red wine
¼ oz. dried oregano
¼ oz. dried thyme
¼ oz. salt
¼ oz. pepper
1 oz. sugar
14 oz. by weight vital wheat gluten
(use additional until liquid is no longer present)
1 ½ cups vegetable stock

Braising Liquid

Ingredients:
1 quart vegetable stock
1 quart water
2 each shallots
10 cloves garlic
5 sprigs thyme with stem
5 sprigs oregano with stem

Method:
1. Clean and quarter mushrooms. Peel beets and shred.
2. In a food processor fitted with the s-blade, combine mushrooms, beets, shallot, garlic, tamari, red wine, herbs and seasonings. Process until well combined.
3. Transfer this mix to a large bowl and add the stock.
4. Slowly add vital wheat gluten until the mix holds together firmly and feels like well-kneaded dough. This may take 5-10 minutes. Add more if considerable wet spots exist.
5. Shape mix into a large log and wrap in aluminum foil sprayed pan spray.
6. Bake for 30 minutes at 350°F.
7. Prepare braising liquid: add ingredients to a pot and bring to a simmer.
8. Remove seitan log from oven and unwrap.
9. Place the log into simmering broth and boil for 45 minutes.
10. Remove from broth and cool for 4 hours or overnight before cutting into filets

Mushroom Stock
Yield: 1 quart

Ingredients:
- 4 oz. cremini mushrooms, medium dice
- 4 oz. Portobello mushrooms, medium dice
- 2 oz. dried shiitakes
- 4 oz. white onion, small dice
- 2 oz. shallots, small dice
- 1 oz. garlic, small dice
- 2 oz. white wine
- 1 ½ quart vegetable stock

Method:
1. Dice mushrooms and set aside.
2. In medium-sized pot, heat oil until warm. Sweat the onion, shallot and garlic.
3. Once sweated, add mushrooms and cook until liquid is completely drawn. Add wine to deglaze.
4. Add stock and simmer until liquid is reduced by a third.
5. Remove from stove and reserve for espagnole sauce (recipe follows)

Roasted Mushroom Espagnole
Yield: 1 pint

Ingredients:
- 3 oz. Portobello mushrooms, medium dice
- 4 oz. cremini mushrooms, medium dice
- 4 oz. leeks, greens removed, medium dice
- 4 oz. yellow onion, medium dice
- 2 oz. carrot, medium diced
- 2 oz. celery, medium dice
- 1 oz. garlic
- 1 quart reserved mushroom stock
- ½ oz. fresh thyme and parsley
- 1 oz. tomato paste
- ½ tbsp. agar powder
- 2 oz. water
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Method:
1. Roast mushrooms, leeks, onion, carrot, celery and garlic on a sheet tray at 350°F for 25 minutes. The vegetables should be nice and dark.
2. Add vegetables to medium-sized pan with reserved mushroom stock, thyme, parsley and tomato paste and let simmer for 30 minutes or until the sauce thickens.
3. Strain off the vegetables and add liquid to a separate pot.
4. Whisk together the water and agar. Add to liquid in the pot.
5. Bring to a boil for 2 minutes to activate agar.
6. Once boiled, season to taste and keep liquid hot until service.

Sous Vide Carrots with Thyme

Ingredients:
1 lb. baby carrots, peeled
2 oz. thyme
1 oz. olive oil

Method:
1. Place your circulator into a water bath and set to 185°F.
2. Cryovac seal a bag with carrots, thyme and olive oil according to the machine’s procedure.
3. Let carrots circulate for 2 hours at 185°F.
4. Once done, plunge into ice bath and reserve for plating.

Blanched Green Beans

Ingredients:
1 lb. haricot vert

Method:
1. Bring water to boil and season with salt.
2. Blanch green beans for 2 minutes. Remove from heat and plunge into ice bath.
3. Remove from ice water and dry on a paper towel.
4. Before putting the finished dish together, warm green beans in a small amount of olive oil and season with salt and pepper.

Whipped Potato and Celery Root Purée

Ingredients:
1 lb. russet potatoes, peeled, medium dice
4 oz. celery root, peeled, medium dice
2 oz. Earth Balance (or other vegan butter replacement)
2 oz. unsweetened soy milk (West Soy is brand of choice)
Salt and white pepper to taste
Method
1. Place potatoes and celery root into pot of water to cover.
2. Boil uncovered 15-20 minutes, or until the potato is fully cooked and smashable with a fork.
3. Strain water and place all ingredients into high-speed blender.
4. Begin to blend on low. Slowly increase speed to high to aerate potato mixture.
5. Season with salt and white pepper.
6. When finished, the purée should ribbon when picked up with a spoon and should hold its structure when plated.

Candied Pearl Onions
Ingredients:
- 12 oz. pearl onions, skins removed
- 2 oz. apple cider vinegar
- 2 oz. sugar
- ½ oz. cracked black pepper
- ½ oz. thyme (picked from stem)
- Salt to taste

Method:
1. Remove skins from pearl onions and reserve in a bowl.
2. In a small pan, heat sugar and vinegar until sugar dissolves.
3. Once dissolved, place onions into pan and continue to cook until liquid reduces and the onions are glazed.
4. Once glazed, add cracked black pepper and thyme.

Phyllo Crisp
Ingredients:
- 3 sheets phyllo dough
- ¼ cup melted Earth Balance (or other vegan butter replacement)
- Maldon salt to taste

Method:
1. Slack out phyllo dough according to the package.
2. Lie out a sheet and brush with vegan butter. Lay another sheet on top and continue with all three sheets.
3. Bake in a 350°F oven for 6 minutes or until crisp.
4. Once crisp, remove from oven and break into organic pieces that are around ½-inch in size.
Mushroom Duxelles

Ingredients:
- 12 oz. cremini mushrooms
- 1 oz. olive oil
- 2 oz. garlic, finely minced
- 2 oz. shallots, finely diced
- 1/2 oz. thyme, picked from stem and minced
- 1 oz. parsley, minced

Method:
1. Process cremini mushrooms in food processor fitted with an s-blade attachment.
2. Heat a non-stick pan with oil. Add garlic and shallot and cook until translucent. And processed mushrooms.
3. Cook until liquid has fully evaporated.
4. Add thyme and parsley. Season with salt and pepper.

To Plate
1. Place a 3 oz. portion of whipped potato and celery root purée in center of plate.
2. Use the back of a spoon to move the puree until it is in the shape of a circle.
3. Place your seared piece of seitan steak in middle of puree.
4. Angle cooked carrots, beans and pearl onions on each side of steak on top of the puree to make a slightly slanted line when looking at the plate from front to back.
5. Place a small quenelle of mushroom duexelles on top of the seitan.
6. Drizzle sauce in a circular motion around the whole plate.
7. Garnish with phyllo crisp and pea shoots.