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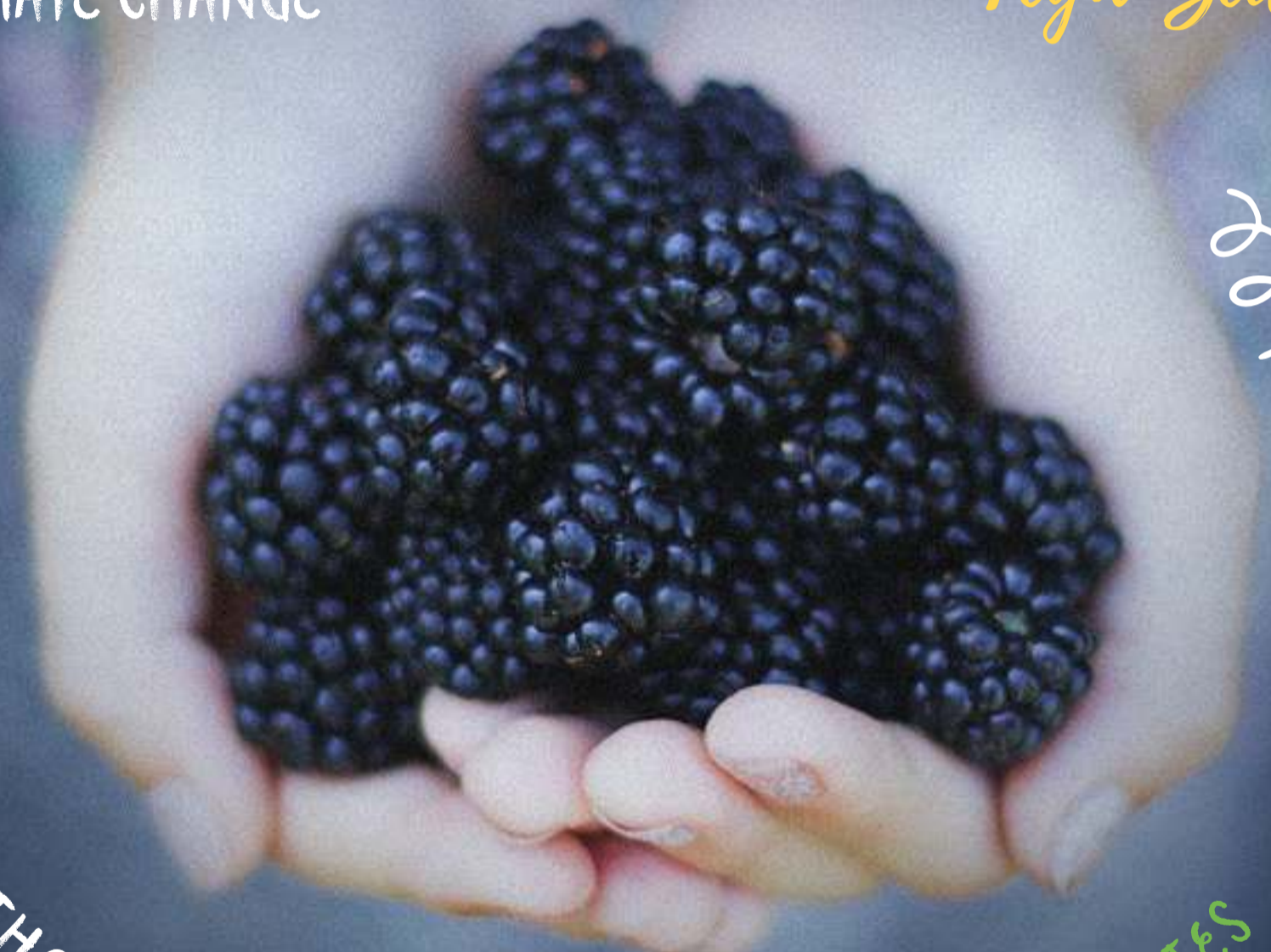
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*Vegan Magazine*

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**EATING AWAY**  
at CLIMATE CHANGE

CLASSIC DISHES  
*Veganized!*



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES



>> 30 MINUTE  
Vegan Meals <<

TWO SECRETS  
for EATING VEGAN  
ANYWHERE

MAMA MIA  
VEGAN PREGNANCY

# VEGAN SEITAN BOURGUIGNON

## with Rosemary Cauliflower Mash

By Lori Rasmussen

Surprisingly easy to prepare yet perfect for special occasions, this Vegan Seitan Bourguignon comes together in one pot and features carrots and pearl onions, fresh thyme, and a hearty red wine sauce. It pairs perfectly with Rosemary Cauliflower Mash (recipe included), mashed potatoes, or thick slices of toasted bread.

PREP TIME:  
20 mins

COOK TIME:  
35 mins

TOTAL TIME:  
55 mins

SERVINGS:  
6 servings

CALORIES:  
362kcal

### INGREDIENTS

#### FOR THE BOURGUIGNON:

- 2 Tbsp olive oil, divided
- 16 ounces seitan, cut or torn into bite-size chunks and patted dry
- 1 large yellow onion, chopped
- 10 ounces mushrooms, sliced
- 2 medium carrots, sliced
- 3 cloves garlic, minced
- 1 ½ tsp chopped fresh thyme or ¾ tsp dried
- 2 Tbsp all-purpose flour
- 2 Tbsp vegan butter
- 10 ounces frozen pearl onions
- 1 ½ cups full-bodied red wine such as Cabernet Sauvignon or Zinfandel (Tip: use [Barnivore.com](http://Barnivore.com) to find vegan wines)
- 2 Tbsp ketchup
- salt
- pepper

#### FOR THE ROSEMARY CAULIFLOWER MASH:

- 1 head cauliflower, cut into small, evenly sized florets
- 1 tsp chopped fresh rosemary
- 3 Tbsp vegan butter
- splash of unsweetened non-dairy milk (1 to 2 Tbsp)
- 1 tsp champagne vinegar, optional
- salt
- pepper

### INSTRUCTIONS

#### FOR THE SEITAN BOURGUIGNON:

1. Preheat a large skillet over medium heat. Add a tablespoon of olive oil and tilt the pan to coat the bottom. Add the seitan to the pan, and cook until browned. Transfer the seitan to a bowl, and set aside.
2. Add the remaining tablespoon of oil to the pan. Over medium heat cook the onion 3 to 5 minutes or until translucent. Add carrots and cook for about 5 minutes more. Add mushrooms and cook until their moisture is released, 5 to 7 minutes. Add garlic and thyme, and cook for 1 minute.
3. Sprinkle the flour over the vegetables, and stir to coat. Add the butter, pearl onions, wine, and ketchup to the pan, along with a generous pinch of salt and pepper. Bring to a simmer, and cook until the sauce has thickened, about 3 to 5 minutes. Taste for salt and pepper, adding more if desired.
4. Add the seitan to the pan, and stir to incorporate.

#### FOR THE CAULIFLOWER MASH:

1. Place the cauliflower in a steamer basket or pot with a small amount of water. Sprinkle with rosemary and salt. Steam until cauliflower is tender.
2. Transfer the cauliflower to a food processor (draining any excess water). Add the butter, salt, pepper, splash of milk, and vinegar (if using), and process until smooth and fluffy, stopping to scrape down sides as necessary.
3. If the cauliflower mash has cooled too much, return it to a dry pan to warm through before serving.

Lori Rasmussen

Lori is the recipe developer and photographer behind [myquietkitchen.com](http://myquietkitchen.com). Her aim to help others feel comfortable and confident in the kitchen, inspiring them to try adopting a vegan/plant-based lifestyle.

Website: [myquietkitchen.com](http://myquietkitchen.com)

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