

Rouxbe Valentine's Day Plant-Based Banquet
Dan Marek

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Juliet's Seitan Bourguignon

(this can be made with only mushrooms too, just replace seitan with large Portobello mushrooms)

For the seitan:

2 cups vital wheat gluten
1 tsp garlic powder
1 tsp smoked paprika
1 ¼ cups vegetable stock
2 tbs soy sauce
1/4 cup chickpea flour

The sauce:

1 1/2 cups full-bodied red wine (I use a Cote du Rhone)
1 1/2 cups vegetable stock
1 tsp tomato paste
2 cloves pressed garlic
1/2 tsp thyme
1 bay leaf
salt and pepper, to taste

The Vegetables:

10-15 small white onions (pearl onions work great)
1/4 cup vegetable stock
3 sliced carrots
16 oz cremini or baby bella mushrooms
3 portabella mushrooms, de-gilled, sliced thick (about ½ inch thick)

Brown Rice fettuccini or your preferred type of pasta (optional)
5 small potatoes, boiled and quartered (optional)
fresh parsley, for garnish

Instructions:

To make the seitan, combine the wheat gluten, garlic powder, and paprika in a mixing bowl. Combine the vegetable stock and soy sauce in a separate bowl and pour the wet ingredients into the dry.

Mix with a spatula until it becomes too difficult to stir. Then press and knead the dough with your hands until it is smooth. Rip the dough up into small pieces. They should be a little smaller than you want them to be in the end, because they will expand when they cook in the stew. Sprinkle the seitan pieces with chickpea flour and toss to coat.

In the bottom of a large pot with a lid, heat the 1/4 cup of water on medium heat. Place the seitan in the pot making sure they do not touch or they will stick together. Let the seitan get brown on the bottom, and then flip it so it can brown on the other side.

The Sauce:

Pour in the wine and the vegetable stock over your browned seitan then add the tomato paste, garlic, thyme, and bay leaf. Stir gently to combine. Bring the pot to a simmer, then put the lid on. The stew should remain at a simmer for 2 to 2 1/2 hours, so adjust the heat if you need to.

The Vegetables:

In a large skillet, sauté the onions in water until they're lightly browned. Then add the carrots, 1/4 cup of vegetable stock and let them simmer until they're soft. Add the mushrooms to the onions and carrots. Season with salt and pepper.

Using a slotted spoon, take the seitan out of the sauce and add it to the veggies. Also remove the bay leaf and discard. Leave the sauce in the pot.

You should have about 1 ½ cups of a thick sauce left in the pot. If you are happy with the thickness, pour over the seitan and vegetables (if your sauce is too thin, cook down the sauce or add flour, if it's too thick add vegetable stock).

Serve this dish alone or on a bed of brown rice noodles or potatoes. Garnish with fresh parsley.

Merlot-Infused Beets

10 small beets, peeled
1 tsp thyme, minced
1 tbs garlic, minced
1 tsp champagne vinegar
¼ tsp salt
2 cups of Merlot Wine
1 cup of water
1 cup cashews, soaked overnight and drained.
½ tbs vinegar
1 tbs lemon juice
½ cup arugula, chiffonade

Preheat your oven to 350 degrees. Toss the beets, thyme, garlic, vinegar and salt in a casserole dish and pour wine over the top. If the beets are not covered, add water until they are. Cover the casserole dish with foil or a lid and bake for 40 minutes. Remove the beets with tongs and set aside.

Cashew cream: Place the cashews, vinegar, and lemon juice in a blender and puree until smooth adding water for a creamy texture.

To plate the dish, start with a bed of arugula, drizzle a teaspoon of the merlot reduction from the bottom of the casserole dish on your plate, then top with a single beet. Top the beet with a small amount of cashew cheese (about a ¼ tsp).

Chocolate Dipped Strawberries

20 strawberries

8 Oz of vegan chocolate chips

1 tsp coconut oil

Bring a small pan of water to a boil and set a metal bowl on top of it. Melt the coconut oil in the bowl, then add the chocolate and gently stir until melted and smooth. Dip the strawberries into the chocolate covering the strawberry on all sides and place on a cold plate. Repeat until you are out of strawberries and refrigerate immediately. Serve cold.