

TEMPEH BOURGUIGNON & ROASTED BABY NEW POTATOES (SERVES 3-4)



SHOPPING LIST:

8 oz	Tempeh
8 oz	Button Mushrooms (Cremini or large mushrooms quartered)
4 oz	Pearl Onions or (large onion cut into pieces)
3 oz	Shiitake Mushrooms cut into large chunks
3 oz	Oyster Mushrooms cut into large chunks
4 oz	Baby Carrots, whole
3 cups	Wine, red (one bottle)
1 lb.	Baby New Potatoes

TERRA SPICE INGREDIENTS:

2 Tbsp	Terra Spice Mirepoix Classic
1 tsp	Terra Spice Bouquet Garni
1 Tbsp	Terra Spice Porcini Mushroom Powder
2 Tbsp	Terra Spice Smoked Tomato Seasoning
1 Tbsp	Terra Spice Arrowroot Powder
1 Tbsp	Terra Spice Dehydrated Shallots, cut & sifted to garnish

ADDITIONAL TIPS & INFORMATION

This vegan version of a French classic stew, *Bœuf Bourguignon*, makes a wonderful family meal. This recipe comes from the Burgundy region of France, where specific ingredients of wine, beef, pork and mushrooms are used to create this dish. Here is our vegan riff. We use tempeh and a bottle of red wine, Ooo la la! What's not to like? Plus using our spices and specially developed blends, fast forwards the flavors needed for this classic dish, in record amount of time!

TEMPEH BOURGUIGNON & ROASTED BABY NEW POTATOES PROCEDURES



Preheat oven to 400 degrees.

Cut tempeh into 1 inch cubes and put into a stainless-steel pot. (Avoid using cast iron, black steel or aluminum pans to avoid a reaction with the red wine.)

Add 3 cups red wine.

2 Tbsp Terra Spice Mirepoix Classic

1 tsp Bouquet Garni (into a stainless steel tea ball)

Simmer gently covered for 15 minutes then uncover and simmer until the wine is reduced by half. Do not rush the process. Let the tempeh absorb the wine and vegetable flavors.

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Wash the potatoes, coat them in cooking oil. Roast them in a skillet in the preheated oven.



In a heavy sauce pan, add a little oil over medium heat. Add the carrot and onion and cook to lightly brown. Add the Cremini mushrooms. Keep the fire on medium heat continually stirring to caramelize.



Cover the pan, letting the Cremini mushrooms steam and to deglaze the onion and carrot in the pan. Adding the Shiitake and the Oyster mushroom with the Cremini is not recommended for texture reasons. (All the mushrooms can be added in this step should you prefer to caramelize all the ingredients.)

Finish browning the vegetables, uncovered while stirring often. This is a crucial point and it's very important to slowly develop a brown color. Lowering the heat is advised to prevent burning. Carrots are cooked to tender.

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Add the Shiitake and Oyster mushrooms if not done in prior step.



Remove the Bouquet garni and tempeh from the wine. Add the tempeh to the vegetables.



Add the mushroom powder and bring the wine to a simmer. In a small bowl add 1 Tbsp water to the arrowroot to make a slurry. Add the slurry to the wine while whisking to thicken the sauce. Make sure the sauce reaches a boiling point.



Combine the wine sauce with the rest of the dish and bring to a simmer.

Add smoked tomato seasoning and gently stir. The classic dish has bacon as an ingredient. The smoked tomato seasoning added to final step replaces the smoky flavor found in the classic dish. To preserve the smoky aroma, add the Smoked Tomato Seasoning a few minutes before serving.



Salt to taste.

Garnish with a little fresh herbs and Terra Spice dehydrated shallots for a nice crunchy texture with an added sweetness to the dish.