
Portobello Wellington with Red Wine Gravy

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Servings: 8

Preparation Time: 1 hour 15 minutes

Start to Finish Time: 1 hour 35 minutes

FOR THE GRAVY

1 tablespoon extra-virgin olive oil

4 shallots, finely diced

2 tablespoons all-purpose flour

1 cup low-sodium vegetable stock

1 cup dry red wine

2 tablespoons tamari

1 teaspoon sugar

Kosher salt

freshly ground pepper

FOR THE WELLINGTON

1/4 cup + 2 tablespoons extra-virgin olive oil

1 large onion, halved and thinly sliced

2 cups butternut squash, peeled and diced

Kosher salt

12 sprigs thyme

8 ounces maitake mushrooms

7 sprigs rosemary

1/3 cup hazelnuts, roughly chopped

1 tablespoon garlic, minced

3 cups baby spinach

4 large portobello mushroom caps, gills removed

freshly ground pepper

1 package (17 ounce) frozen vegan puff pastry (such as Aussie Bakery), thawed

1 tablespoon egg substitute, beaten with three tablespoons of water

Make the Wellington: Preheat the oven to 350 degrees. In a medium skillet over medium heat, heat one tablespoon of olive oil. Stir in the onion to coat. Spread evenly in the pan. Reduce the heat to low. Cook, stirring occasionally, until caramelized, 12 to 20 minutes. Set aside.

Spread the butternut squash on a parchment-lined baking sheet. Drizzle with one tablespoon of olive oil and gently toss to coat. Sprinkle with salt and lay five thyme springs on top. Bake until the squash is tender and starting to caramelize, about 15 minutes.

Gently pull apart the maitake mushrooms into small pieces and place in a medium bowl. Add two tablespoons of olive oil, season with salt and gently toss to coat. Spread in an even layer on a separate parchment-lined baking sheet. Top with five thyme sprigs and five rosemary sprigs. Bake for 15 minutes. When the vegetables are cool to the touch, gently remove the herb sprigs and discard.

Toast the hazelnuts on a separate baking sheet until fragrant, 5 to 8 minutes. (Be careful not to burn the nuts.)

In a medium skillet over medium heat, heat one teaspoon of olive oil. Add the garlic and cook, stirring, until softened. Add the spinach, season with salt and cook, stirring frequently, until wilted, 3 to 4 minutes. Let cool slightly, then gently squeeze out any liquid over the sink.

In the same skillet, heat the remaining one teaspoon of olive oil over medium heat. Add the portobello mushroom caps and saute' until they soften and release their liquid, 7 to 8 minutes. Transfer to paper towels to drain. Gently press to remove any excess liquid.

Chop the leaves from the remaining two thyme sprigs and two rosemary sprigs. In a medium bowl, mix the caramelized onions, butternut squash, spinach, hazelnuts, maitakes, chopped herbs, one teaspoon salt and one teaspoon pepper. Mix well with a spoon or your hands.

Preheat the oven to 400 degrees. Unfold the puff pastry on the counter. Spread the vegetable mixture on the pastry in an

even layer, leaving a two-inch border on one short side. (You will have some of the vegetable mixture left over.) On the short side opposite the clean border, arrange the portobello caps dome-side up in a line, about two-inches in from the edge, overlapping if necessary. Top the mushrooms with the rest of the vegetable mixture.

Gently roll up the puff pastry tightly, starting at the side with the portobellos and pushing in any filling that falls out. Place seam-side down on a parchment-lined baking sheet. Gently score a crosshatch pattern into the top of the pastry with a sharp knife. Brush with the vegan egg wash. Bake until golden brown, 15 to 20 minutes.

Meanwhile, make the gravy: In a medium saucepan over medium heat, heat the olive oil. Add the shallots. Reduce the heat to medium-low and cook, stirring, until they start to carmelize, 8 to 10 minutes. Stir in the flour and cook, stirring, until light golden brown, about 4 minutes. Slowly add the vegetable stock and red wine, whisking constantly so that no lumps remain. Increase the heat to medium-high. Cook, stirring, until the gravy thickens, 2 to 3 minutes. Add the tamari and sugar and season with salt and pepper.

Slice the Wellington and serve with the gravy.

Vegetarian

Per Serving (excluding unknown items): 217 Calories; 14g Fat (56.9% calories from fat); 4g Protein; 19g Carbohydrate; 6g Dietary Fiber; trace Cholesterol; 40mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.