

Maitake Mushroom Vegan French Dip Sandwich

Ingredients

- ½ cup unsalted raw cashew pieces
- 2 tbsp. coconut oil
- 2 tbsp. nutritional yeast
- 1 tsp. garlic powder
- ½ cup vegan yogurt
- ¼ cup tapioca starch
- 1 tsp. apple cider vinegar
- 1 tsp. salt
- 1 lb. maitake mushroom
- 2 tbsp. vegan butter
- 1 tsp. dried thyme
- ¼ cup vegan white wine
- 2 cloves garlic
- ½ small onion
- 1 tsp. soy sauce
- Salt and pepper, to taste
- 1 cup vegetable broth (or water)
- A few sprigs of fresh thyme, rosemary, and/or sage
- 2 French baguette rolls

Steps

1. Start by softening your cashews. You can either soak them in water overnight, place them in a pot on the stove and boil for 20 minutes, or pressure cook them in your instant pot for 10 minutes. Once soft, drain the liquid. Add the cashews, coconut oil, nutritional yeast, garlic powder, vegan yogurt, tapioca starch, apple cider vinegar, salt, and ¼ cup of water to a blender, and blend until smooth. Set aside for now.

2. Now let's start on our maitake- clean your mushrooms, and separate the “petals”. Slice any thicker pieces into thin ones. Take a small amount of the less beautiful bits, and finely chop it so you have about a quarter cup of “maitake mince”, and set that aside. Heat 1 tbsp. of vegan butter in a skillet, then add the mushrooms along with the dried thyme, 1/3 cup of water, and cover with a lid. Cook for 3-4 minutes, and then remove the lid, letting the water evaporate. Cook until the mushrooms are crispy, and then remove the mushrooms from the skillet and set aside.



3. Next start on the au jus. Take the reserved maitake mince, and add it to the skillet you have just used, along with a second tablespoon of vegan butter. Cook until fragrant, and then add the white wine to the hot pan. Add the garlic and onion, and sauté for a couple minutes, until fragrant. Add the vegetable broth, soy sauce, and fresh herbs, and bring to a simmer. Add salt and pepper, and cook for a couple minutes. Taste, and adjust the seasoning as you like. You can serve as is, or strain the solids, or puree as you prefer.

4. To finish off the cheese, and your blended cashew mixture to a small-sized saucepan. Cook for a few minutes, stirring with a silicone spatula to avoid any sticking or burning on the bottom. Once the cheese is thick and shiny, remove from the heat.

5. Assemble your sandwiches by cutting your rolls, and adding generous portions of the cooked maitake and the cashew cheese. Serve with a side of the au jus.