

Maitake Mushroom Stroganoff Recipe (Vegan!)

Ingredients

- ¼ cup vegan butter
- 1 lb. maitake mushrooms
- 1 medium sized onion
- 3 cloves of garlic
- 1 tsp. dried thyme
- 1/3 cup vegan white wine
- 1 tsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 1 tsp. brown sugar
- ¼ tsp. ground nutmeg
- 2 tbsp. all-purpose flour
- 2 cups vegetable broth
- 1 cup silken tofu
- Salt and pepper, to taste
- A small handful of fresh parsley
- Nutritional yeast, for serving (optional)
- 1 lb. pasta (I used fettuccini which was delicious, although egg noodles would be more traditional. I am unaware of a vegan egg noodle, as “egg-free” versions still seem to contain egg whites.)

Steps

1. Start with a little prep- dice your onion, and mince the garlic. Clean the maitake, and cut or shred it into bite-sized pieces. Combine the apple cider vinegar, mustard, sugar, and nutmeg in a small bowl and whisk. Place a pot of water on the stove to cook your pasta, and season well. Once the water boils, you can cook your pasta as directed on the package. While you wait for the water to boil, start on the sauce.
2. Melt your butter in a large skillet. Add the maitake mushroom, and cook. While the mushrooms cook, they will release a lot of liquid, which will evaporate, and, and then the mushrooms will get crispy. Once they are nice and golden, remove from the pan and set aside.
3. Add a little more vegan butter to your pan if needed, and then add the garlic, onion, and thyme. Sauté until the onions soften, and then pour the white wine into the pan. Let the wine simmer for a minute or so, and then add the pre-mixed apple cider vinegar, mustard, brown sugar, and nutmeg, as well as the flour. Cook for



another minute or two, stirring so the flour doesn't burn. Add the vegetable broth, stir well, and bring to a simmer. Simmer for at least 5 minutes, so the flavors all meld together. Take $\frac{1}{2}$ cup of the broth, and combine with the silken tofu in a blender and blend until smooth. Transfer the blended tofu back into the sauce, turn off the heat, and stir to combine. Season with salt and pepper, to taste. To finish, mix the cooked pasta and the crispy mushrooms into the sauce, toss so all the pasta is coated.

4. Serve the finished mushrooms stroganoff with a sprinkle of nutritional yeast, and some fresh parsley.