

## mushroom bourguignon

2 T olive oil  
2 lb mushroom caps, baby portobellos, sliced  
6 carrots, bite size  
1 onion, diced  
1 shallot, minced  
2 garlic cloves, minced

2 C veg broth  
1.5 C red wine  
1 T tomato paste  
2 tsp salt  
2 T thyme  
2 tsp oregano  
black pepper

1 T flour or cornstarch  
1/3 C water  
1 lb pkg fettucine

- Fill a pasta pot with water and heat on medium to warm the water.
- Heat a large skillet on medium heat and add 1 tbsp (15 ml) of olive **oil**. When the oil is hot, add the **mushrooms** and a pinch of **salt**, sauté for approximately ten minutes or until browned. Remove from the pan and set aside.
- Add the remaining olive **oil** and the **carrots**. Sauté until they begin to brown then add the **onions**. Cook the onions until they become translucent then add the **shallots**. Cook until they are browned and caramelized, approximately 5 to 7 minutes. Add the **garlic** and cook for one minute.
- Add the vegetable **broth** and **wine** to deglaze the pan. Stir and loosen the pieces of onion and shallot that may have stuck to the pan. Add the **tomato paste** and stir until it liquefies. Add the **salt**, **thyme**, Italian **seasoning**, and **pepper**, stir to combine and reduce

the heat to a low simmer. Cover and cook for twenty minutes. Add more seasoning if you prefer a stronger flavor.

- In a small bowl, mix the flour (or **corn starch** if you want to make it gluten free) and water together until the flour breaks down and the mixture resembles a thick milky substance. There shouldn't be any dry flour or lumps in the mixture. Add it to the wine sauce and stir well to combine. Add the mushrooms and stir to incorporate within the sauce. Cover and simmer on the lowest temperature for twenty minutes. The sauce will thicken into a stew. Be sure to lift the lid and check to make sure it's not sticking to the pan or evaporating. That shouldn't happen if the temperature is low enough, but if it does add a small amount of broth or water and stir.
- Turn the heat for the pasta water to high and bring to a boil.
- Twelve minutes before the sauce is done, salt the pasta water (approximately 1 tbsp (15 g)) and add the fettucine to the water. Cook according to the directions on the package.
- Divide the fettucine by four and make a nest in the center of each plate. Spoon the mushroom Bourguignon on top of the fettucine. Garnish with a sprinkle of fresh thyme leaves.

from here: [veganosity.com/vegan-mushroom-bourguignonne/](http://veganosity.com/vegan-mushroom-bourguignonne/)  
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