

Vegetable En Crouete

(Vegetable Wellington) (än 'krōot)

2	Tbs	flax seed, ground	1	tsp	finely chopped fresh sage
5	Tbs	vegetable broth			
1/2		medium onion, finely chopped	2	Tbs	vegan Worcester shire
1/2	cup	finely chopped carrots	3/4	cup	walnuts, finely chopped
1		green bell pepper, finely chopped	1	cup	cooked brown rice, cooled*
1		stalk of celery, finely chopped	1 1/2	cups	cooked green lentils, cooled*
5	cloves	garlic, finely minced	3	Tbs	tomato paste
16	oz	white mushrooms, finely chopped	1	tsp	kosher salt
1	tsp	finely chopped fresh rosemary	1/2	tsp	pepper
1	tsp	finely chopped fresh thyme	2		Plant Based milk, to brush on pastry sheets
					vegan puff pastry, thawed



Procedure

- 1 Prepare the puffed pastry according to packaging directions. Line a baking sheet with parchment paper or a silicone mat and set aside.
- 2 In a large skillet over medium heat, add in 3 tablespoons of vegetable broth. Once warmed through, add in the onions, carrots, bell peppers, and celery, and cook for 3 minutes or until the onions are translucent. Add in the garlic and cook for 3 minutes more or until fragrant. Add 2 tablespoons more vegetable broth if needed to prevent burning.
- 3 Add in the diced mushrooms. Cook until no moisture remains and the mushrooms have browned, mixing often. Once cooked through, add in all of the herbs and the vegan Worcestershire and mix through. Cook for 1 minute more and then remove from heat.
- 4 In a large bowl, add in the cooked lentils. Using a fork or a potato masher, mash half of the lentils until they become similar to a refried bean texture. Add in the mushroom mixture along with the ground flax seed, crushed walnuts, brown rice, tomato paste, garbanzo bean flour, salt, and pepper. Mix together until uniform and then place into the freezer 25-30 minutes to cool completely so it does not melt the pastry.
- 5 When the filling has almost set, prepare the puff pastry and get the plant based milk wash ready. You need about 1/4 cup almond or similar plant based milk in a small bowl with a pastry brush.
- 6 Flour a clean work surface and remove the pastry from its packaging. Roll out each sheet until it is about 12 x 15-inches. It does not need to be perfect.
- 7 Remove the filling from the freezer and place it into on pastry. Form a log so that it goes from end to end of the short side of the pastry. It should be about 1-inch away from the end and 4-inches away from the left and right sides. The filling will be piled up high so that the Wellington-like result has a good shape.
- 8 Using the pastry brush, brush plant based milk all along the naked sides of the puffed pastry. Fold the pastry over the left and right sides of the Wellington.
- 9 Brush the second piece of pastry dough with almond milk (all over the upper side). Carefully pick it up from the floured surface and flip it over onto the Wellington so that the side

with the almond milk is now pressed against the log. Carefully tuck the hanging left and right ends of the top sheet under the log.

- 10 Sealing the ends of the En Croute
- 11 On one end where the filling is exposed, cut the sides off of each rectangular end so that once cut the end will be in the shape of a "V". Repeat on the other end. end so that both ends are in the shape of a V. This is done so that there is less pastry to tuck in.
- 12 Fold the first V up onto the log and then carefully fold the top V down. Use your fingers to seal the Wellington. If needed, add some almond milk here to work as "glue" to stick the pastry together.
- 13 Transfer the log to the lined baking sheet and then place it into the freezer for 10 minutes to set.
- 14 Once the log has set, remove it from the freezer. Using a pastry brush, brush a thin layer of almond milk all over the pastry, being sure not to miss any spots. Grab a sharp knife and cut diagonal slits into the pastry from the left to right of the log. Once you reach the end, start from the top again and cut diagonal slits going the opposite direction. This will form nice diamonds in the log and it will also help steam escape so that the pastry does not get soggy. Place the Wellington back into the freezer for 10 minutes more and preheat the oven to 400°F.
- 15 Remove the En Croute from the freezer and bake for 45 minutes or until golden brown.
- 16 Remove from the oven and cool for at least 30 minutes. Carefully cut slices with a serrated or very sharp knife. Be gentle as it is very delicate!

Servings: 8

Oven Temperature: 400°F

Nutrition Facts

Nutrition (per serving): 561 calories, 300 calories from fat, 33.5g total fat, 0mg cholesterol, 1052.2mg sodium, 579.4mg potassium, 53.3g carbohydrates, 7.4g fiber, 6g sugar, 13.4g protein.

Recipe Tips

It is ideal to cook the lentils and rice the day before so that they can full cool and release any extra liquid. If needed, strain any extra liquid out before using.

Many Puff Pastry are accidentally vegan-friendly, just double check.

Vegan Worcestershire sauce-Harris Teeter/Kroger brand is accidentally vegan. Edward & Son's has a vegan one. MOST ARE NOT vegan but contain dead fish.

You can buy pre-ground or whole flax seed and grind it but GROUND flax seed meal is what must be used to essentially create a vegan egg once combined with the water.

The original recipe called for 3 Tbsp flour and adding 6 Tbs of water to the ground flax seed. The only purpose of the flour was to absorb moisture. If the water (which dilutes the flavors of the vegetables) is omitted, the ground flax seed will instead absorb the water and by eliminating the water you will have a richer flavor.

Source

Adapted from <https://sweetsimplevegan.com/2018/12/vegetable-wellington/>