

## Fall/Winter Seasonal Vegetables

Fall 2022

For past cooking class recipes, go to [uhs.berkeley.edu/cookwellberkeley](https://uhs.berkeley.edu/cookwellberkeley)



# Whole Roasted Cauliflower

Serves 6

Time 60 minutes

Vegan

Common Allergens Soy, check labels

Lightly adapted from [Vegan Richa](#)

### Ingredients

- 1 small to medium cauliflower
- 1 tablespoon oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon thyme
- 1 teaspoon oregano
- ½ teaspoon ground sage
- 2 ½ tablespoons soy sauce or tamari, divided
- 1 tablespoon vegan Worcestershire sauce
- 1 tablespoon maple syrup
- ½ teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon smoked paprika

### Notes

- Make ahead: You can make the marinade ahead of time or keep the cauliflower marinated for up to a day. The cauliflower can also be roasted halfway. Once roasted for 30 mins, cool and store covered. Baste well and bake uncovered for about 30 minutes before serving.
- The cooking time varies depending on the size of the cauliflower, oven, pan etc.
- Make gravy of the marinade: Mix another batch of the marinade in a saucepan. Add 1 tablespoon flour or cornstarch and 1 ½ cups broth and simmer for a few minutes to thicken. Use as gravy.
- Florets/tofu: You can also use the marinade with cauliflower florets or pressed cubed tofu. Omit the water from the marinade. Toss florets/tofu to coat. Spread on parchment lined baking dish and bake at 400°F for 30 minutes.



### Instructions

1. Preheat the oven to 425°F.
2. Mix 2 tablespoons soy sauce and the rest of the marinade ingredients together. Add 2-3 tablespoons of water or vegetable broth and mix.
3. Using a thin knife, make some small cuts on the top and the bottom of the cauliflower. Pour half of the marinade inside the overturned cauliflower and move it around to coat the inside well. Brush the cauliflower lightly and let it sit upside down to marinate for at least an hour (marinating is optional, but helps add more flavor).
4. If you marinated the cauliflower, brush more marinade on the cauliflower and place in a greased baking dish or cast iron skillet.
5. Cover with foil or another baking dish. It is not necessary to seal the dish completely. Roast for 30-35 minutes (longer for larger head). Add 1-2 tablespoons of water and the 1/2 tablespoon soy sauce to the remaining marinade. Uncover and baste liberally again.
6. There should be some moisture that leaks from the cauliflower and marinade into the pan because of covering and baking. If not, then drizzle a few tablespoons of water or broth around the cauliflower so it doesn't scorch. Continue to bake uncovered for 20-30 minutes. Use a knife to check if the cauliflower is cooked all the way through.
7. Remove when done and baste with any remaining marinade. Garnish with fresh herbs. Slice and serve.

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# Mushroom Wellington

Serves 8-10

Time 1 hour 20 minutes

Vegan

Common Allergens Wheat, tree nuts, check labels. Contains alcohol but can be omitted.

Source: [Feasting at Home](#)

### Ingredients

- 2 sheets (1 box) vegan puff pastry, thawed
- 2 tablespoons olive oil or butter
- 2 pounds mushrooms, sliced, stems OK (except shiitake stems)
- 1 large onion, diced
- 4-6 large garlic cloves, chopped
- 1 tablespoon chopped fresh rosemary (or sage, or thyme)
- 1 teaspoon salt
- ¼ cup sherry wine, or other wine (optional)
- 1 teaspoon balsamic vinegar
- 1 cup chopped, toasted pecans
- ½ teaspoon black pepper
- 2 teaspoons truffle oil (optional)
- “Egg” wash – Equal parts plant milk, melted vegan butter or oil, and agave or other liquid sweetener.

### Notes

- Make sure puff pastry is thawed but still cold before you start (if it is too warm, it may fall apart, if too cold, it will be too stiff)
- Feel free to add other veggies to the mushrooms, just as long as the filling is not watery and still has flavor (adjust salt and seasonings!). Roasted parsnips, wilted spinach, roasted sweet potatoes or butternut, sautéed kale, or roasted sunchokes would all work well here.
- Pecans can be substituted with toasted walnuts, hazelnuts, or other nuts.
- Make ahead: Make the filling, then assemble and bake the day of. OR you can make it as usual except keep it slightly underbaked, then on the day off, let it come to room temp and bake until golden.
- You can use phyllo dough instead of puff pastry. Use 5-10 sheets and brush olive oil or melted butter between each layer. It will create a lighter and flakier crust.



### Instructions

1. Preheat oven to 400°F.
2. **MAKE THE FILLING:** Heat oil in an extra-large skillet or Dutch oven, over medium-high heat. Add mushrooms, onions, garlic, salt and rosemary and sauté, stirring often, until mushrooms release all their liquid. Turn heat down to medium, and continue sautéing until all the liquid has evaporated, be patient, this will take a little time! Once the mushrooms are relatively dry in the pan, splash with the sherry wine and balsamic vinegar and again, sauté on medium heat until all the liquid has cooked off. This is important- you absolutely do not want a watery filling (it will turn into a mess!). Add the toasted chopped pecans, pepper, and truffle oil if using. Taste, adjust salt to your liking.
3. Let the filling cool for 15-20 minutes (you could make the filling a day ahead and refrigerate).
4. Fill 2 Puff Pastries: Carefully unroll the puff pastry onto a parchment-lined baking sheet (if it seems stiff, let it thaw a few more minutes until pliable). Place half the filling in a mound along the center and working quickly, roll the pastry up, and over, seam side down. Fill and roll the second sheet.
5. Brush with the egg or eggless wash.
6. Score the pastry using a razor blade or sharp knife with your choice of design: cross-hatch, herringbone, leafy vine or simple diagonal slits.
7. Bake: Place the sheet pan on the middle rack in the oven for 35 minutes, checking at 20 minutes, and rotating pan for even browning if necessary. Bake until it is a really deep golden color – to ensure it’s done and flaky all the way through. You may need to add 5 more minutes depending on your oven.
8. Cool for 5-10 minutes before cutting and serving. Garnish with rosemary sprigs. Serve warm.