

Winter Vegetable Cacciatore

Ingredients (Serves 6-8):

sweetpea

Plant-Based Kitchen

For the Vegetables:

- 12 c Mixed Root Vegetables (Parsnips, Turnips, Carrots, Rutabaga, etc.)
- ¼ c Rosemary, minced
- ¼ c Sage, minced
- Sea Salt and Black Pepper

For the Cacciatore Sauce:

- 1 c Dried Mushrooms
- Reserved Soaking Liquid
- 2 c Onion, diced
- ½ c Fennel, diced
- ½ c Celery, diced
- ½ c Carrot, diced
- 1lb Mushrooms, sliced
- ¼ c Tomato Paste
- ¼ c Tamari
- 2 t Fennel Seed, toasted and ground
- ½ t Dried Oregano
- 1 T Rosemary, minced
- 1 T Sage, minced
- 1 C Dry Red Wine
- 2- 28 ounce Cans San Marzano Tomatoes, pulsed in the food processor
- ½ c Capers



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PROCEDURE:

For the Vegetables:

Preheat the oven to 425 °F. Bring a large pot of lightly salted water to a boil and prepare an ice bath. Peel the vegetables and cut them into one-inch pieces. Blanch the vegetables for three minutes, working in batches to maintain the boil. Transfer the vegetables to the ice bath to stop the cooking. Drain the vegetables and pat dry. Place them in a bowl. Toss the vegetables with the herbs and season lightly with salt and black pepper. Place the vegetables on a parchment paper lined baking sheet in a single layer. Roast in the oven for 12-15 minutes, or until nicely browned. Remove the pans from the oven and keep warm.

For the Sauce:

Place the dried mushrooms in a saucepot with a lid. Add three cups of water and bring to a boil. Remove from the heat and cover. Let stand for 20-30 minutes. Strain the mushrooms and reserve the soaking liquid. In a large Dutch Oven, bring one cup of the reserved soaking liquid to a boil over medium heat. Add the vegetables and cook until softened, about five minutes. Add the tomato paste and cook until it turns a brick color, about two minutes. Add the fennel seed, oregano, herbs, and tamari. Add the red wine and reduce by half. Add the tomatoes and remaining soaking liquid. Increase the heat and bring the sauce to a boil, stirring regularly. Reduce the heat to a simmer. Cook for thirty minutes. Add the capers and stir to combine.

To Serve:

Reheat the roasted vegetables and place them in warmed dinner bowls. Ladle the sauce over top and serve immediately.

