

Mushroom steak and gnocchi casserole

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Recipe type: Mains

Ingredients

Casserole

- 2 tablespoons of olive oil
- 1 onion, chopped
- 1 large carrot, sliced
- 2 celery sticks, chopped
- 3 teaspoons crushed garlic
- 2 sprigs of fresh rosemary, leaves removed plus extra to garnish (or 1 teaspoon dried)
- 1 cup red wine (sub with orange juice if you'd prefer)
- 700g bottle passata
- 2 vegetable stock cubes, crumbled (or 2 teaspoons of powder)
- 1 cup of water
- 3 mushroom steaks, cut into chunks (or equivalent 800g mock meat)
- ½ a broccoli, broken into florets
- 500g packet of gnocchi (or a batch of homemade)

Mushroom steaks

- 100 grams roughly chopped cremini mushrooms
- 1.5 tablespoons soy sauce
- ½ cup vegetable stock
- 40 ml red wine (can substitute with orange juice)
- 1 ½ teaspoons crushed garlic
- 1 ¼ cups wheat gluten
- Oil to spray

Gnocchi

- 2 medium potatoes, chopped and peeled
- 1 ¼ cups plain flour (extra for rolling)
- 1 tablespoon nutritional yeast flakes
- ½ teaspoon salt
- ¼ teaspoon pepper

Instructions

Casserole

1. In a large pot, heat oil and fry onion, carrot and celery until brown
2. Add garlic and rosemary leaves and cook until fragrant
3. Add wine and cook until reduced to half
4. Add passata, stock cubes and water, bring to a simmer, add mushroom steak chunks, reduce heat to simmer. Cover and cook for 30 minutes
5. Add broccoli and cook covered for another 5 minutes
6. Add gnocchi and cook covered until warmed through
7. Serve garnished with extra sprigs of rosemary

Mushroom steaks

1. In a food processor combine mushrooms, soy sauce, vegetable stock, red wine and garlic. Process until combined then add wheat gluten and process until a soft dough has been formed (about 30 seconds)
2. Divide dough into 3 portions and pat each into a patty shape about 2cm thick. On a non-stick frypan spray with oil and fry patties over a medium heat until brown on both sides
3. In a LARGE pot (as they double in size), add approx. 2-3 litres of water and bring to a boil. Add patties, cover, reduce heat to low and simmer for 1 hour
4. Use tongs to remove patties and set aside in a colander to drain, gently pressing to remove excessive liquid

Gnocchi



1. Boil potatoes and mash until smooth. Place in the fridge until cold.
2. Once cold, add the remainder of the ingredients and knead into a dough
3. Roll small handfuls out on a floured bench into ropes about 2cm in diameter and cut into small bite size pieces (they will increase in size once cooked)
4. Repeat until all dough is used, sitting uncooked gnocchi on a wire rack
5. Boil salted water in a large pot and drop in approx. 15 at a time
6. Once they rise to the surface, cook for a further 2 minutes then scoop out and place in an oiled colander (to avoid them sticking together)
7. Work in batches until all the gnocchi is cooked. Can be kept in the fridge until needed. Cover once cooled.