

Cauliflower and Mushrooms with Home Made XO sauce

Serves 4 as a side with rice and salad

Ingredients

1 cauliflower head, sliced into 1.5cm flat pieces (supposed to resemble small steaks)
Olive oil to drizzle
1 tsp five spice powder
200grams of cooked adzuki beans
Coriander leaves and sliced spring onion to garnish

Sauce

1 tsp seaweed, soaked in hot water for 20 mins
3-4 pieces of porcini mushroom, soaked in hot water for 20 mins
2 tbsp plus 2 tsp of sunflower oil
1½ tbsp tamari
1 garlic clove, boiled for 10 minutes
1 spring onion finely chopped
150g of fresh mushrooms, mix of oyster and Swiss brown, sliced
1 red chilli, finely chopped
2 cm piece of ginger, finely chopped
½ cinnamon stick
½ star anise
Black pepper

Method

1. Preheat oven to 200° C.
2. Place cauliflower on baking trays and drizzle with olive oil and sprinkle with five spice.
3. Bake for 15 minutes then turn over and bake for a further 10 minutes or until nicely browned.
4. To make the sauce, whisk sunflower oil and tamari and pour into a large fry pan or wok.
5. When heated, add garlic and spring onion and sauté for 2 minutes.
6. Squeeze porcini mushrooms (reserve liquid) and finely chop.
7. Drain seaweed.
8. Add all mushrooms, seaweed, ginger, chilli, cinnamon stick, star anise and black pepper to taste and cook on a low heat for 10 minutes.
9. Stir in adzuki beans and add the porcini soaking liquid if more moisture is needed.
10. To serve; remove cinnamon stick and star anise. Place cauliflower on a serving plate and spoon sauce over. Garnish with spring onions and coriander.



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