

## Mushrooms & Leeks in Riesling Velouté

This recipe is intended to act as a playful vegan interpretation to the classic Alsatian dish *Coq au Vin*. I've even elected to serve the dish with wide tagliatelle noodles – incorporated into the noodles for the more modern take, or alongside the noodles for a throwback 70's kind of look and feel.

There are a few items that are important to gather or make ahead of time. I use a dry Riesling wine from the Alsace region of France. Any other dry Riesling wine will work effectively in this recipe but avoid anything that is on the sweet side. Also, a strong vegetable broth is necessary to provide balance to the considerable mushroom flavor. I suggest making one yourself...which is easily accomplished up to a week in advance. Here's [how I prepare vegetable broth](#).

I elected to grill my mushrooms on a grill pan heated on my stovetop to achieve a smokiness that is hard to get using other cooking methods. The recipe includes all the necessary steps. To save time (and create a lot less smoke in your kitchen), you can also elect to forego those instructions and sauté or roast the mushrooms. Just make sure to use high heat and try to extract as much liquid out of the mushrooms as possible. Cutting the mushrooms into smaller sizes helps if using other cooking methods. The mushrooms can be prepared a day or two in advance. This [guide to cooking mushrooms](#) I published last year may be helpful.

Another word about the mushrooms... I often use a variety of simple to obtain mushrooms for this recipe. These could include King Oyster Mushrooms, Porcini, Oyster Mushrooms and Portobello mushrooms. I use simple white button (cremini) mushrooms in the additional step of pureeing mushrooms with the hot broth.

Once the broth is made and the mushrooms are prepared, the preparation of the dish is relatively simple and only takes about 45-60 minutes.

**Difficulty: moderate**

**Yield: makes about 4-6 servings**

### Ingredients

500 grams (one pound) fresh mushrooms, cleaned and sliced into thick pieces  
4-5 tablespoons extra virgin olive oil  
2 leeks, white part only, cleaned and cut into 2-cm (1-inch) rounds  
2 carrots, peeled and cut into thick pieces  
1 medium onion, peeled and chopped into small dice  
50 grams (3 1/2 tablespoons) unrefined rapeseed oil  
30 grams (2 tablespoons) all-purpose flour  
10 grams (1 1/2 tablespoons) tapioca starch  
80 ml (1/3 cup) dry Riesling wine  
500 ml (2 cups) vegetable broth  
60 grams (2 ounces) white button mushrooms  
120 ml (1/2 cup) oat cream  
Fine sea salt and freshly ground black pepper  
500 grams (one pound) wide tagliatelle noodles  
6 tablespoons chopped parsley

### Method

Preheat a grill pan over medium heat on the stovetop for at least 10-15 minutes – you want the pan very hot...somewhat smoky in fact. Work in batches with the mushrooms. Place the cleaned and prepared mushrooms in a medium bowl and add 2 teaspoons fine sea salt. Toss to mix well. Remove the first batch of mushrooms to cook and add them to a smaller bowl. Coat these mushrooms lightly with extra virgin olive oil and place on the hot grill pan. Turn the heat up to medium-high. Use a lid or the bottom of a sauté pan to press the mushrooms evenly onto the grill pan. Continue applying force – the mushrooms should start to smoke, so make sure your fan is on. After 1-2 minutes, turn the mushrooms over and follow the same procedure. They are adequately cooked when well-marked and about half the thickness they were before cooking. They should be somewhat firm to the bite and taste a bit smoky. Reserve on a plate or platter and continue the same procedure with the remaining mushrooms.

Bring a medium-size pot of water to a boil. Once the water is boiling, add 1 1/2 tablespoons fine sea salt to the water and stir to dissolve the salt. Add the prepared leeks and cook in the boiling salted water for 2-3 minutes. Remove at once and reserve in on a clean plate. Add the prepared carrots to the same water and cook 3-4 minutes, or until the carrots are soft on the exterior but still have a bite in the middle. Reserve with the leeks.

Preheat a medium-sized wide pot over medium-low heat – allow about 15 minutes. Add 1 tablespoon of water to the pot – it should immediately evaporate when the pot is hot enough. Add the chopped onion to the pot along with 1 teaspoon of fine sea salt. Gently sweat the onion until it is soft and translucent – about 6-8 minutes. Add 1 or 2 tablespoons water as necessary to prevent the onions from sticking to the pot.

Add the rapeseed oil to the onions and gently heat. Add the flour and starch. Whisk well until the mixture comes together into a mass. Continue to stir until the mixture turns a golden color – about 15 minutes. Be patient and avoid turning up the heat too high because the starch will expand too rapidly and burst – this will create a leaky roux or a sauce that will easily split.

Combine the Riesling wine with the vegetable broth and begin adding the liquid slowly to the roux mixture off the heat. Add about 1/2-cup at a time, stir well to incorporate the liquid into the roux, then return to the heat for a minute or two. Repeat this process of adding the liquid off the heat, stirring well to incorporate, then returning the pot to the heat. After roughly 7-10 minutes, all of the liquid should be incorporated and the velouté should appear creamy.

Combine the white button mushroom with 240 ml (one cup) hot velouté and place in a small blender or food processor. Process for 30-45 seconds until the mixture is smooth. Strain back into the hot velouté and mix well. Add the reserved mushrooms, leeks and carrots to the hot velouté. Cook 1-2 minutes, then add the oat cream and bring the mixture to gentle simmer. Remove the pot from the heat.

Cook the pasta as per the directions on the package – usually 6-8 minutes. Toss the cooked pasta with the sauce or serve separately. Garnish each serving with chopped parsley.

### **Tips and Variations**

Insert a knife tip into the mushrooms, cooked leeks and carrots to determine doneness. The knife should meet with some resistance in the middle of each. Alternatively, just taste a bit and see if it is cooked long enough to your liking.

Instead of serving as a pasta sauce, consider adding more vegetable broth to the velouté to make a vegan version of cream of mushroom soup. Portion the vegetables and mushrooms smaller if making a soup. Add the additional broth slowly and whisk thoroughly after each addition to reach the right consistency.