

Vegan Filling

From Nelson's Kitchen
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This is a general-purpose vegan filling that I developed when I organized a pastel-making party and wanted to accommodate vegan guests.

Ingredients:

- 1 large or two small russet potato (about 1 pound)
- 1 large carrot
- 3 ribs of celery
- 1 medium onion
- 1/3 of a cup of diced sun-dried tomatoes
- 3 cloves of garlic
- 1/2 teaspoon of red pepper flakes
- 3 tablespoons of neutral cooking oil
- salt to taste (about 1 teaspoon)
- 1/2 teaspoon of sugar
- 3 Tablespoon of chopped parsley

Procedure:

- Prep the vegetables
- Boil or steam the potatoes in their jackets until they can be easily pierced with a sharp knife. Let them cool off.
 - Peel the carrot and dice into very small dice.
 - Put the diced carrot into a bowl and sprinkle with a small amount of salt and with the sugar.
 - Dice the celery into very small dice.
 - Dice the onion into very small dice (keep separate from the celery).
 - Peel the garlic but do not dice it yet.
 - Heat up the oil and add the diced carrots, including the liquid that the carrots have released.
 - Sauté the carrots, stirring until they are soft.
 - Place a colander over a bowl and put the carrots including the oil on the colander to drain the oil.
 - Return the oil to the pan.
 - Add the diced onions to the pan and sauté, stirring, until the onions are translucent and at most very lightly golden.
 - Add three Tablespoons of water to the onions, cover the pan and cook for a few minutes to steam the onions.
 - Remove the lid and continue cooking until all the water has evaporated.
 - Add the diced celery and the red pepper flakes and continue sautéing.

- Peel and dice the cooked potatoes into small dice.
- Chop the garlic finely
- Create an empty spot on the center of the pan and let it get quite hot - it takes about a minute.
- Add the chopped garlic to the hot spot and cook, stirring on that spot only, for about 30 seconds.
- Add about 3 Tablespoons of water and stir the whole pot.
- Add the diced potatoes, the carrot, the chopped sun-dried tomatoes, and the salt.
- Cook stirring for a few minutes.
- Taste for salt and adjust.
- Remove from the fire, add the chopped parsley and stir.
- Let it cool completely before using.