



Vegetarian Shepherd's Pie

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound carrots cut into 3/4-inch-thick pieces (4 medium)
- ☐ 0.8 pound celery root peeled cut into 1-inch pieces
- ☐ 1 pound crimini mushrooms trimmed quartered
- ☐ 0.5 cup flat parsley chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 garlic clove chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 3 medium leek white green washed halved lengthwise sliced (and pale parts only)

- ☐ 9 tablespoon olive oil divided
- ☐ 0.8 pound parsnips cut into 3/4-inch-thick pieces (4 medium)
- ☐ 2.3 cups pearl onions
- ☐ 1 tablespoon rosemary chopped
- ☐ 1.5 pounds gluten dry sliced
- ☐ 2 tablespoons thyme leaves
- ☐ 0.5 stick butter unsalted
- ☐ 0.5 cup milk whole
- ☐ 2.5 pounds yukon gold potatoes
- ☐ 750 ml red wine

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ broiler
- ☐ microwave
- ☐ colander
- ☐ potato ricer

Directions

- ☐ Blanch pearl onions in a 2-quart saucepan of boiling water 2 minutes, then drain and cool in an ice bath to stop cooking. Peel onions and trim, leaving root ends intact.
- ☐ Heat 2 tablespoons oil in a 5-quart heavy pot over medium-high heat until it shimmers. Brown seitan in 3 batches, turning occasionally, 3 to 5 minutes (add 2 tablespoons oil between batches).
- ☐ Transfer to a plate.

- ☐ Cook leeks in remaining 3 tablespoons oil with 1/4 teaspoon salt in pot over medium heat, covered, stirring occasionally, until softened, about 6 minutes.
- ☐ Add garlic and cook, stirring frequently, until golden and fragrant, about 2 minutes.
- ☐ Add mushrooms and 1/2 teaspoon salt and cook, covered, stirring occasionally, until they just begin to give off liquid, about 5 minutes.
- ☐ Add carrots, parsnips, thyme, and rosemary and cook, covered, stirring occasionally, until vegetables are just tender, 10 to 12 minutes.
- ☐ Transfer vegetables to a bowl.
- ☐ Add wine to pot and boil until reduced to about 1 cup, 10 to 15 minutes.
- ☐ While wine reduces, make a *beurre manié* by stirring together butter and flour in a small bowl to form a paste.
- ☐ Add stock to wine and bring to a brisk simmer.
- ☐ Whisk in *beurre manié*, then simmer, whisking occasionally, until thickened slightly, 3 to 5 minutes.
- ☐ Add seitan, pearl onions, and vegetable mixture to pot and simmer, covered, 30 minutes.
- ☐ Remove from heat and stir in parsley.
- ☐ Peel potatoes and cut into 2-inch pieces. Cover potatoes and celery root with cold water in a 4-to 5-quart heavy pot, then simmer, partially covered, until very tender, 20 to 25 minutes. Reserve 1/2 cup cooking water, then drain in a colander.
- ☐ Bring butter, milk, and cream to a simmer in pot over medium heat, stirring until butter has melted. Stir in reserved cooking water, 1 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Remove from heat. Force potatoes and celery root through ricer into hot milk mixture and stir gently to combine.
- ☐ Preheat broiler. Put baking dish in a large 4-sided sheet pan and transfer stew to dish.
- ☐ Spoon potato mixture over stew and spread evenly to cover. Broil about 3 inches from heat until top is golden, about 5 minutes.
- ☐ • You can use more potatoes in place of the celery root. • Stew and potato topping can be made 1 day ahead (reserve an additional cup potato-cooking water) and chilled separately. Reheat potato topping slowly in a microwave or in a heatproof bowl set over a pot of simmering water, adding enough cooking water to reach desired consistency. Bring stew to a simmer over low heat before topping with warm potato mixture.

Nutrition Facts

PROTEIN 17.03% FAT 42.1% CARBS 40.87%

Properties

Glycemic Index:72.7, Glycemic Load:28.63, Inflammation Score:-10, Nutrition Score:35.012608828752%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg Malvidin: 13.16mg, Malvidin: 13.16mg, Malvidin: 13.16mg, Malvidin: 13.16mg Peonidin: 1.19mg, Peonidin: 1.19mg, Peonidin: 1.19mg, Peonidin: 1.19mg Catechin: 6.79mg, Catechin: 6.79mg, Catechin: 6.79mg, Catechin: 6.79mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Apigenin: 9.29mg, Apigenin: 9.29mg, Apigenin: 9.29mg, Apigenin: 9.29mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 16.14mg, Quercetin: 16.14mg, Quercetin: 16.14mg, Quercetin: 16.14mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 672.22kcal (33.61%), Fat: 29.18g (44.89%), Saturated Fat: 9.7g (60.61%), Carbohydrates: 63.73g (21.24%), Net Carbohydrates: 52.91g (19.24%), Sugar: 12.75g (14.17%), Cholesterol: 33.82mg (11.27%), Sodium: 494.87mg (21.52%), Alcohol: 10.08g (100%), Alcohol %: 1.91% (100%), Protein: 26.55g (53.1%), Vitamin A: 8493.36IU (169.87%), Vitamin K: 123.67µg (117.78%), Vitamin C: 58.38mg (70.76%), Manganese: 1.12mg (55.76%), Potassium: 1632.09mg (46.63%), Vitamin B6: 0.9mg (45.16%), Fiber: 10.83g (43.3%), Phosphorus: 330.35mg (33.04%), Copper: 0.64mg (32%), Vitamin B2: 0.53mg (31.27%), Folate: 125.02µg (31.26%), Iron: 5.22mg (29.02%), Selenium: 19.06µg (27.23%), Vitamin B3: 5.37mg (26.86%), Vitamin E: 4.01mg (26.76%), Magnesium: 100.19mg (25.05%), Vitamin B1: 0.35mg (23.45%), Vitamin B5: 2.09mg (20.92%), Calcium: 165.79mg (16.58%), Zinc: 2.03mg (13.54%), Vitamin D: 0.57µg (3.79%), Vitamin B12: 0.17µg (2.91%)