



Winter Recipe I

Vegetable Pot Pie

Makes 8 to 10 servings

Stock:

3 1/4 cups *Kombu-Shiitake Broth* (1 quart water, 6-inch stick kombu seaweed and 4 sliced shiitake mushroom caps simmered for 15 minutes and strained)
1 tablespoon natural soy sauce (or bouillon, or 1/2 teaspoon sea salt)
1/2 teaspoon olive oil
1/4 cup parsley, coarsely chopped
1 large clove garlic, pressed
1 large bay leaf
1 teaspoon *each* basil and thyme
1/2 teaspoon black pepper, freshly ground

Filling:

1 onion
1 carrot
1 red potato, turnip, rutabaga, or parsnip
1 rib celery
1/4 head green cabbage
1 cup peas or 1/2 cup *each* peas and cooked chickpeas

Gravy:

Makes 2 cups
2 cups hot vegetable stock, or a little more for texture desired
1/2 cup whole wheat pastry flour
2 tablespoons natural soy sauce
1/4 teaspoon *each* basil and thyme

Top Cutout Pastry:

1/2 cup whole wheat pastry flour
1/3 cup unbleached white pastry flour
2 tablespoons corn flour or corn meal
1/8 teaspoon sea salt
2 tablespoons light vegetable oil (I use Spectrum walnut oil)
Cooled vegetable stock or water to texture, 2 1/2 to 3 tablespoons
1/4 teaspoon *each* basil and thyme, for topping
Fresh thyme sprigs for garnish

1. Bring stock ingredients to boil in a 3-quart pot. Cut vegetables in bite-size 1-inch chunks. Preheat oven to 400°.
2. Add root vegetables to boiling stock and when boiling resumes, turn heat down to simmer until vegetables are almost tender, for 8 to 10 minutes. Add celery, cabbage, peas (and chickpeas if included) and cook until done, about 5 minutes more. Strain, reserving broth, and



transfer filling to a large bowl. Discard bay leaf. Yields 6 cups vegetable-bean mixture and 2 to 2 1/4 cups stock.

3. To make gravy, blend ingredients in a food processor. Transfer mixture to the 3-quart pot to simmer and thicken, about 5 minutes, whisking occasionally. Pour gravy over vegetables in bowl and stir with a rubber spatula. Brush sides and rim of 9- or 10-inch pie pan or casserole dish with oil and transfer filling to pan.

4. Make pastry by mixing flours with salt. Stir in oil, then add stock or water gradually for a smooth texture. Dust waxed paper with flour and roll dough out between sheets to a thin round. Sprinkle herbs over surface and press in with the rolling pin. For an air vent with a heart-warming sense of whimsy, cut a hole in the center of the dough with a small cookie cutter, or cut smaller shapes with an hors d'oeuvre cutter to mark each serving. Or simply poke holes in topping with a fork. Transfer pastry to pie. Trim, then tuck edges under.

5. Place pie in oven on a sheet of aluminum foil to catch any drips. Bake until top is golden and juices are bubbling, for 20 to 30 minutes. Serve with fresh thyme sprigs perched in the air vent, or on the plates.

Variations: For wheat-alternative, wheat-free and gluten-free pastries, see page 99 in my dessert book, [Sweet and Natural](#).

For 10 servings, per serving:

Calories: 148 Protein: 4gm Saturated Fat: 0.5gm Fiber: 2gm Carbohydrates: 25gm Fat: 4gm
Cholesterol: 0 Sodium: 312mg
Calories from Protein: 10% Calories from Fats: 20% Calories from Carbohydrates: 70%