



## Winter Recipe II

### *Wild Mushroom Stroganoff*

Makes 3 to 6 servings

#### *Tofu Sour Cream:*

Makes 1 cup

1/2 pound tofu, fresh, medium-soft  
1 tablespoon apple cider vinegar  
1 teaspoon extra virgin olive oil (optional)  
1 teaspoon natural soy sauce or tamari  
1/4 teaspoon sea salt  
Water to texture, about 1 tablespoon

#### *Stroganoff:*

Makes 4 to 4 1/2 cups

1 tablespoon extra virgin olive oil  
1 onion, sliced  
2 cloves garlic, sliced  
4 cups wild mushrooms (chanterelle [about 12 ounces]) and/or shiitake, etc.), trimmed and sliced  
3/4 teaspoon sea salt  
1/2 cup whole-wheat pastry flour  
2 1/2 cups *Kombu-Shiitake Broth* prepared ahead with the addition of a bay leaf  
1 tablespoon natural soy sauce or tamari  
1 teaspoon mustard  
1/2 teaspoon paprika  
1/4 teaspoon cayenne pepper  
1/3 cup *each* fresh dill and parsley, minced  
1/2 cup *Tofu Sour Cream* plus 1/2 cup for garnish (garnish optional)  
Fresh dill sprigs for garnish

#### *Whole-Grain Pasta (Wheat or Gluten-Free):*

Makes 3 to 4 servings (makes 6 cups spiral pasta)

2 quarts water  
1/2 pound whole-grain pasta such as ribbon noodles, or spiral or penne pasta

1. To prepare *Tofu Sour Cream*, blend ingredients until creamy smooth.
2. To prepare stroganoff, heat oil in a large skillet. Add onion, garlic and mushrooms, sprinkle with salt, and stir. Cover to cook until soft, for 5 to 10 minutes, stirring once or twice.
3. To make gravy, whiz together in a food processor (or whisk together) flour, broth, soy sauce, mustard, paprika and pepper. Add to pot and bring to boil, stirring with a flat-bottomed spoon or spatula to prevent sticking. Cover to simmer 10 minutes, stirring occasionally. Stir in dill, parsley, and tofu sour cream and heat through.
4. Cook pasta and serve hot topped or mixed with stroganoff sauce. Garnish to serve.



For 6 servings, per serving:

Calories: 214 Protein: 9gm Saturated Fat: 0.5gm Fiber: 6gm Carbohydrates: 41gm Fat: 4gm Cholesterol: 0 Sodium: 456mg

Calories from Protein: 15% Calories from Fats: 15% Calories from Carbohydrates: 70%