

Recept geschikt voor: 4 personen | Moeilijkheid: 🖵 🖵

Voorbereidingstijd: 40 min | Bereidingstijd: 20 min | Totale bereiding: 60 min

Bertyn producten: Veggie Protein Bloc - Natur Veggie Protein Bloc - Spelt Veggie Protein

Bloc - Wheat

Bron: <u>bertyn.eu</u> | Chef: <u>Stefano Vicinoadio</u> | © Stefano Vicinoadio

Italian cannelloni recipe with seitan mince, chanterelles and vegan cheese sauce

Ingrediënten

Ingredients for the tomato and red wine sauce:

- 1 pack of soup vegetables (leeks, carrots, celery)
- 1 onion
- 2 cloves garlic
- 1 small dried chilli
- 500 mL red wine
- 500 mL yeast-free vegetable stock
- 2 tins of peeled tomatoes (about 400 g)
- 4 tbsp tomato purée
- 150 mL olive oil (Amanprana Verde Salud)
- A pinch of fleur de sel (Amanprana)

- A pinch of pepper
- 4 dried bay leaves

Ingredients for the seitan mince:

- 400 g Veggie Protein Bloc
- 200 g cashew nuts, soaked
- 150 g chanterelles
- 1 small onion
- 1 small fresh chilli
- 4 cloves garlic
- Cornflour

Ingredients for the vegan cheese sauce:

- 150 g new potatoes
- 60 g carrots
- 1 medium onion
- 250 mL water
- 60 g tahini (sesame paste)
- 2 cloves garlic
- 1 tsp mustard
- 1 tsp fleur de sel (Amanprana Khoisan fleur de sel)
- ½ tsp pepper
- 1 tsp lime juice
- ½ tsp chilli
- 100 mL Hernandos Catalan olive oil
- 4 tbsp yeast flakes
- 1 pinch saffron (Amanprana saffron)

Bereiding

- 1. Start by peeling the onion and garlic and washing the vegetables.
- 2. Finely crush the garlic and chop the vegetables into uniform pieces.
- 3. Heat the olive oil in a large pot and lightly sauté the garlic.
- 4. Add the remaining vegetables and the tomato purée and cook for 5 to 8 minutes at a gentle simmer.
- 5. Deglaze the pot with red wine, add the vegetable stock and simmer briefly.
- 6. Add the tomatoes and bay leaves. T
- 7. urn down the heat to low and simmer for about two hours.

Making the vegan cheese sauce:

While the tomato and red wine sauce is simmering, start making the vegan cheese sauce.

- 1. Chop the potatoes, carrots and onion into small cubes and cook in a little water until soft
- 2. Place in a blender with the other ingredients and purée to the consistency of liquid cheese.

Making the seitan mince:

- 1. Chop the seitan, cashew nuts which have been soaking overnight, chanterelles, onion, garlic and chilli into cubes and pass through a mincer until finely minced.
- 2. Add a little cornflour to the minced mixture and knead well to combine. If the mixture starts to get too dry, add a few drops of water until you reach the desired consistency.
- 3. Cover and leave to rest for 20 minutes.

Stuffing and cooking the cannelloni:

- 1. Carefully fill the cannelloni tubes with the seitan mince and arrange them in two ovenproof dishes.
- 2. Pour the tomato and red wine sauce over the top, followed by the desired quantity of vegan cheese sauce.
- 3. Preheat the oven to 180°C and bake the cannelloni for 15 to 25 minutes, until the cheese sauce is golden brown on top.
- 4. Serve the cannelloni hot and enjoy this delicious vegan casserole.