



**Recept geschikt voor:** 4 personen | **Moeilijkheid:** 🍳 🍳

**Vorbereidingstijd:** 35 min | **Bereidingstijd:** 45 min | **Totale bereiding:** 80 min

**Bertyn producten:** [Veggie Protein Bloc - Natur](#) [Veggie Protein Bloc - Spelt](#) [Veggie Protein Bloc - Wheat](#)

Bron: [bertyn.eu](https://bertyn.eu) | Chef: [Stefano Vicinoadio](#) | © Stefano Vicinoadio

# Vegan seitan ragout with cashew nut cream and squash and saffron purée

## Ingrediënten

- 2 Veggie Protein Blocs
- 800 g onions
- 8 cloves garlic
- Olive oil ([Amanprana Verde Salud](#))
- ½ red chilli
- 4 bay leaves
- A pinch of fleur de sel ([Amanprana](#))
- Black pepper
- 3 L red wine

For the cashew nut cream

- 200 g cashew nuts, soaked overnight
- 100 ml water
- A pinch of fleur de sel ([Amanprana](#))

## For the purée

- 8 large potatoes (unpeeled)
- ½ an onion squash
- ¼ tsp saffron threads
- A pinch of fleur de sel (Amanprana)
- A pinch of pepper
- A pinch of nutmeg

# Bereiding

1. Start by making the cashew nut cream: place the cashew nuts in the blender with the fleur de sel and water and blend until creamy.
2. Peel the onions and garlic and slice finely.
3. Lightly fry in a little olive oil in a large pan.
4. Leave the seitan to drain, then fry in olive oil in small batches until golden brown.
5. Add to the pan with the onions and garlic, add a pinch of fleur de sel and cook until the seitan turns a lovely brown colour.
6. Deglaze the pan with half of the red wine and continue to cook until almost all of the liquid is gone.
7. Pour in the rest of the red wine and simmer for a further 10 minutes or so.
8. Add the cashew nut cream to the ragout and simmer until you have a smooth consistency.
9. Season with salt and pepper to taste, then cover tightly and leave to soak.
10. Chop the onion squash and potatoes into small cubes and cook in lightly-salted water until soft.
11. Press the potatoes and onion squash through a potato ricer and add the saffron, a little fleur de sel, pepper and nutmeg.
12. Purée the mixture with a stick blender until creamy.
13. Serve the purée with the ragout, garnished with a little parsley if desired. Bon appetit!