

# Seitan Bolognese

Swick

Makes 6 cups | Active Time: 1 hour | Total Time: 1 hour

## Chef's Notes

Use this recipe as a hearty sauce on fresh papardelle noodles or as a comforting addition to risotto.

Ground seitan can be purchased at many health food shops. If buying whole pieces of seitan, or making your own, simply place in the food processor and grind to a fine mince. This can be then used for 'meaty' sauces, taco filling, and burgers.

## Step 1: Prepare Your Mise en Place

- 1 medium onion, finely diced
  - 5 large cloves garlic, minced
  - 2 ribs celery, diced
  - 2 carrots, diced
  - 1 5.5-oz (162 ml) can tomato paste
  - 1/4 cup extra-virgin olive oil
- To prepare your mise en place, finely dice the onions, carrots and celery and mince the garlic. Deseed the tomatoes by pushing them through a food mill or passatutto. Measure out the tomato paste and olive oil and set aside.

## Step 2: Cooking & Finishing the Bolognese

- sea salt, to taste
  - 1 1/2 cup ground seitan
  - 1/2 tsp fresh thyme leaves
  - 1/4 cup white wine
  - 4 - 28-oz (796 ml) cans whole tomatoes
  - 8 basil leaves (optional)
  - 2 tbsp extra-virgin olive oil
  - freshly ground black pepper, to taste (optional)
- To start the sauce, heat a heavy-bottomed pot over medium-low heat. Then add the oil, followed by the onions, carrots and celery. Next, add a pinch of salt and let the onions gently cook until they soften and just begin to turn a slight golden color. Allow to cook for 3 to 4 minutes until the onions begin to stick and become translucent.
- Add the seitan, garlic and thyme and continue to sauté until the mixture begins to stick. Deglaze the pan with the white wine. Continue to cook until the wine evaporates.
- Stir in the tomato paste and let it gently cook for a few minutes until it becomes a shade darker. Then add the deseeded tomatoes and a good pinch of salt. Stir to combine and bring to a simmer over medium-low heat. Cook uncovered for about 30 minutes, stirring occasionally to prevent scorching.
- Once the sauce has finished cooking, turn off the heat and taste for seasoning. To give the sauce an Italian flair, torn, fresh basil can be added, along with a splash of olive oil to finish.

### Step 3: Finishing the Sauce

- 8 basil leaves (optional)
- 2 tbsp extra-virgin olive oil
- freshly ground black pepper, to taste (optional)

Once the sauce has finished cooking, turn off the heat and taste for seasoning. To give the sauce an Italian flair, torn, fresh basil can be added, along with a splash of olive oil to finish.