

# Mushroom and Herb Roast

From the *Field Roast Cookbook*. Makes 1 roast, about 8 servings

## Dry Ingredients

2 1/2 cups vital wheat gluten  
1/4 cup garbanzo flour

## Vegetables

1/4 cup avocado oil  
Leaves from 3 sprigs oregano  
1 Tbsp tomato paste  
2 shallots, sliced  
3/4 lb mixed fresh mushrooms,  
chopped  
1/8 oz (4 g) dried porcini mushrooms  
6 cloves garlic, minced  
2 tsp sea salt

## Equipment

1 24x18-inch piece of tight-woven cheesecloth, folded in half to make a 12x18-inch piece  
Safflower or canola oil spray  
48 inches butcher's twine

2 Tbsp vegan beef base  
3 bay leaves  
1/4 cup red wine

## Liquid ingredients

1 3/4 cups Mushroom and Herb stock,  
cold  
1/4 cup red wine  
1/4 cup tamari or soy sauce  
1 Tbsp sesame oil

## Cooking liquid

4 quarts water  
1 1/2 Tbsp sea salt

1. Whisk the dry ingredients together in a large bowl and set aside.
2. In a skillet over medium heat, heat the coconut oil and add all the vegetable ingredients, except the wine, and sauté for 20 minutes, stirring occasionally. Deglaze the pan by adding the wine and stirring with a wooden spoon, using

the spoon to scrape the bits that have cooked to the pan. reduce the liquid for 2 minutes, then remove from the heat, discard the bay leaves, and cool in the fridge.

3. Combine the liquid ingredients in a large bowl and add the cooled vegetable mixture; mix together. Pour the liquid into the bowl of dry ingredients and stir together with a large spoon, then knead lightly with your hands. The dough will be soft.
4. Combine the water and salt in a large stockpot and bring the cooking liquid to a boil.
5. Lay out the cheesecloth on a clean board and spray with oil. Form the dough into a roast shape and place it on one end of the cheesecloth. Roll up the loaf in the cheesecloth, keeping it roast-shaped.
6. Cut two pieces of twine, one about 10 inches long, the other 18 inches. Twist one end of the cheesecloth to make it tight against the roast, and using the 10-inch piece of string, tie this off with a double knot.
7. Push in the roast on the untied end, and twist the cheesecloth until the roast is snug. Tie this off, using the 18-inch piece of string, with a double knot, tying off a loop at the end to use as a handle.
8. Tie the roast with the remaining 20-inch piece of string at four equidistant intervals down the roast, using a slipknot.
9. Holding the tied end of the roast, gently lower it into the boiling liquid, adjusting the heat to keep the liquid at an aggressive simmer. Cover and simmer for 1 1/2 hours, or until internally it reads 180F on an instant-read thermometer, turning over half-way through the cooking process. Remove from the liquid and allow to cool at room temperature.
10. When the roast is cool enough to handle, remove the cheesecloth.
11. Finish the cooling roast in the fridge, uncovered. Wrap tightly in plastic wrap when fully cooled. The roast is ready to eat, and can be sliced thing for sandwiches, roasted with vegetables, or cooked with.