

Ragù

Itsi Weinstock - adapted from Serious Eats

June 9, 2019

Preparation 1

1. Put 3 **dried shitakes** in a bowl with some water and place in the microwave for 5 minutes.
2. **Sofrito group:**
 - 1 **capsicum** minced
 - 1/2 **carrot** minced
 - 5 cloves **garlic** minced
 - 1 **onion** minced

Cooking 1

1. Heat a pot (or pressure cooker) on medium-high with 2 tbsp oil, and saute the **sofrito** until beginning to go golden (8 minutes).

Preparation 2

3. **Meat group:**
 - 250g **mushrooms** minced
 - the **shitakes** minced
 - 100g **seitan** minced
 - 1/2 cup **tvp**

Cooking 2

2. Add 1 tbsp **refined coconut oil** and the **meat**. Cook until most of the water is gone from the mushrooms.

Preparation 3

4. Cut half an **eggplant** into 1 inch chunks.
5. Pour 800g **canned tomatoes** into a bowl, and crush them by hand. Reserve 100mL and put it in the fridge.

Cooking 3

3. Stir in 1 tbsp **dried oregano**, 1 tbsp **chilli flakes** and 2 **bay leaves**. Cook for 30 seconds.
4. Stir in 1 tbsp **tomato paste** and cook for 30 seconds.
5. Reduce heat to a simmer and stir in 200mL **red wine** until almost fully reduced (5 minutes).
6. Mix in the **tomatoes**, 1 tbsp **red miso**, 1 tbsp **dark soy**, the **eggplant** and a lot of **pepper**.
7. Cook at a low simmer until eggplant has dissolved, or on high pressure for 45 minutes.
8. Grate in 1/4 tsp **nutmeg** and add the reserved tomato. Reduce until thick.

Servings: 3

Ingredients:

1	onion
1/2	carrot
1	capsicum
5 cloves	garlic
250g	mushrooms
1/2	eggplant
800g	canned whole tomatoes
3	dried shitakes
1 tbsp	refined coconut oil
1/2 cup	tvp
100g	seitan
1 tbsp	tomato paste
200mL	red wine
2	bay leaves
1 tbsp	oregano
1 tbsp	chilli flakes
1 tbsp	red miso
1 tbsp	dark soy sauce
1/4 tsp	nutmeg