



sagey mushroom walnut roast

Sagey Mushroom Walnut Roast- a savory, hearty vegetarian main dish, perfect for the holiday table. Make this ahead and serve with Mushroom gravy and Mashed Potatoes.

#### ingredients

##### Mushroom Roast:

2 cups walnuts, toasted  
2 tablespoons olive oil or butter  
one large onion, diced  
1 1/2 cup celery, diced  
1 1/2 cup carrots, very thinly sliced half-moons (no need to peel)  
1 lb mushrooms- cremini, portobello, button, shiitake or a mix, (5–6 cups sliced )  
4 cloves garlic, rough chopped  
1 1/4 teaspoon salt  
1/2 teaspoon pepper  
1 tablespoon fresh sage leaves, chopped (or sub thyme)  
1 tablespoon miso paste  
2 tablespoons whole-grain mustard  
3 large eggs  
1 1/2 cups oats  
optional: 3/4 cup cottage cheese and/or 3/4 cup grated cheese- cheddar, jack, mozzarella  
Serve with: Mushroom Gravy (or use your favorite gravy recipe), mashed potatoes, and garnish with 1/4 cup pomegranate seeds

#### instructions

Preheat oven 375F

WALNUTS: Toast in an extra-large skillet on the stove, over medium-low heat until golden and fragrant, set aside. ( You can also toast on a sheet pan in a 350F oven for 15-16 mins.)

**MUSHROOM FILLING:** In an extra-large skillet heat oil over medium heat. Saute the onion 2-3 minutes, add celery and carrots, and saute 5-6 more minutes until they begin to soften. Add mushrooms, garlic, salt, pepper, and sage. Saute until mushrooms release all their liquid, 10-15 minutes, covering with a lid for a few minutes to get this going. Remove lid, continue cooking off all the liquid. Feel free to deglaze with a splash of wine (or skip it) cooking it all off. Cook until the mushrooms are no longer liquidy— make a well in the middle and add the miso paste, stirring it in. You'll know you are close when they begin sticking to the pan. You really want these dry as possible. Turn off the heat.

Prepare your loaf pan, lining with parchment and oiling the narrow ends.

**Mix filling:** In a food processor, pulse the walnuts into lentil size and smaller. Place in a large bowl. Pulse the mushroom mixture- leaving a little texture here too. Place in the bowl. Add the mustard, eggs, and oats. Give a good stir.

**BAKE:** Pour the mixture into the loaf pan and place on the middle rack of the 375 F oven until puffed and golden, 35-45 minutes. Check at 30 minutes, rotating the loaf pan if need be. (Adding the cottage cheese may increase baking time by 10-15 minutes.) The loaf is done when slightly puffed and internal temp reaches 165F.

**GRAVY:** While it is baking make the gravy- this Mushroom gravy is nice or use your favorite! You will know the loaf is done when it puffs up slightly in the middle- indicating the eggs are cooked all the way through. Let it rest five minutes before flipping onto a platter, loosening the 2 edges with a knife (or keep it warm in the loaf pan with foil- until serving).

Ladle the warm gravy over top and sprinkle with pomegranate seeds. Garnish with fresh sage leaves on the platter.