

# THE FLEXITARIAN COOK

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## Vegetarian pot pies

*For the filling:*

1 small [celery knob](#) (to yield about 1.5 cups when diced)  
2 medium carrots  
2 small onions  
1 large clove garlic  
1 oz dried porcini mushrooms  
2 medium red or Yukon gold potatoes  
2 Tbsp flour  
3 cups liquid from reconstituted mushrooms  
1 Tbsp tomato paste  
1 Tbsp soy sauce  
1/4 cup French green lentils  
2 bay leaf  
a few sprigs of thyme

2 Tbsp heavy cream  
1/2 cup each green beans and peas (optional)  
1 Tbsp chopped parsley (optional)  
Salt and pepper to taste

*Biscuit topping:*

1 cup very cold buttermilk  
1 stick butter (about 120 gr.)  
2 cups flour  
1/2 tsp salt  
pinch black pepper  
3/4 cup grated aged cheese (gouda, cheddar or parmesan)  
1.5 tsp baking powder  
1 tsp baking soda

Wash lentils. Boil 2 cups of salted water with a bay leaf and a few sprigs of thyme. Cook lentils for 20 to 30 min. until tender. Drain and set aside.

Place the mushroom in a large bowl with 4 cups boiling water and let stand for 15 min. Drain (saving liquid) and rinse mushrooms, then chop. Filter the liquid through a coffee filter, and save.

Slice the onions, dice the celery knob and potatoes in 1/2" cubes and slice the carrots. Saute onions gently in olive oil until they become golden. Add celery knob and carrots and saute over medium low to low heat until the vegetables are golden brown, about 10 min. Add potatoes and mushrooms, and saute for few more minutes. Chop garlic, add to the vegetables, and cook for another minute. Add flour and mix well. Cook for an additional minute, then add liquid. Mix thoroughly. As it heats, the

mixture will thicken. Add tomato paste, soy sauce, 1 bay leaf, thyme, salt and pepper. Let cook until vegetables are done, about 20 min (test with the tip of a knife). Add cream, beans, peas and parsley and mix well. Remove bay leaf and thyme sprigs.

Make biscuit dough: Melt butter then let cool slightly. Whisk melted butter in buttermilk until butter begins to form tiny droplets. Mix dry ingredients together, then pour buttermilk mixture in. Mix gently only until all flour is incorporated (do not overmix).

Assemble the pot pies: fill 9oz ramequins and drop 1/4 cup biscuit mix on top. Place ramequins on a baking sheet and bake in preheated 375 oven until biscuits are done and golden on top. This should take about 20 min.

Remove from oven and let cool for a few minutes before serving. Makes about 6 pot pies.