Ragout-Gourmet Roasted Vegetarian Ragout

Show: Nov 21st

Serves 6-8

The vegetable stock:

Ingredients: Makes 1 gallon

1/4 cup Vegetable Oil
1 cup Onions, sliced
1 cup Leeks, green and white parts, chopped
1 cup Celery, chopped
1 cup Carrots, chopped
1/2 cup Turnips, chopped
1/2 cup Tomatoes, chopped
4 cloves Garlic, crushed
1 Bouquet Garni (1 tsp fennel seeds, 3 sprigs Italian parsley, 1 sprig thyme, 1 sprig rosemary, orange peel 2"X 2", and 5 whole black peppercorns)
2 qts Water
1 bottle White Wine

Procedure:

Heat the 1/4 cup oil, add 1 cup each of sliced onions, chopped leeks, celery, carrots, turnips, garlic and tomatoes. Add 3 qts of water and wine with the bouquet garni. Simmer for 30-40 minutes. Strain and keep at a light simmer.

Oven-caramelized root vegetables:

1 Yam, large
1 Sweet Potato, large
4-5 Potatoes, purple
2 Turnips
2 Parsnips
2 cups Baby Carrots (In show, scarlet, orange and yellow baby carrots were used)
2 tsp Salt
1/2 tsp Pepper, freshly ground

Procedure:

Preheat oven to 300°F. Peel the 1 yam, 1 sweet potato, 4 purple potatoes, 2 turnips and 2 parsnips into 1 inch pieces and 2 cups baby carrots. Toss in olive oil to coat evenly add 2 tsp salt and 1 tsp pepper. Spread on a baking pan and roast in oven until lightly browned, about 30-40 minutes.

Whole Roasted Garlic:

1 head Garlic, whole, roasted
Cut top off of garlic head and put in small oven proof baking dish. Drizzle 1 Tbs olive oil over cut cloves and cover with foil. Bake in 300 degree oven for about 1/2 hour or until cloves are soft and golden brown. Remove cloves from the head to add to the ragout.

Sautéed Cioppolini Onions:

12 Cioppolini onions (Pearl or boiling onions can be substituted)
1 Tbs olive oil
In a sauté pan add the oil and slowly brown onions on both sides (outer skins removed and an X cut into the top and bottom of each side).

Sautéed Mushrooms:

2 cups combination of mushrooms (Portobello's, chanterelles, crimini, button etc.)
3 Tbs. Oil
Sauté mushrooms until just tender about 3 to 4 minutes.

Oven dried Tomatoes:

Ingredients:
6 Roma Tomatoes
12 slices Garlic
1 Tbs Thyme, fresh
2 Tbs Olive Oil
1 tsp Salt, Kosher
1 tsp Pepper, freshly ground

Procedure:

Cut the ends off each of the 6 tomatoes and slice in half. Place each half their trimmed end, on an un-greased cookie sheet pan. Place a garlic slice on drizzle with a bit of olive oil, add a pinch each of the thyme, salt and pepper.

Place in 300°F oven and cook until the bottoms just begin to brown about 1+ hour. Set aside.

Bouquet Garni:

Ingredients:

1 tsp Fennel seeds
3 branches flat-leaf parsley
1 branch Thyme, fresh
1 twig Rosemary, fresh
1 piece Orange Peel, 2X2 inch
5 whole Black peppercorns

Roux:

Ingredients:

6 Tbs Butter, unsalted
6 Tbs Flour, all purpose

Procedure:

Mix butter and flour together. Add to skillet and slowly cook until slightly brown, careful not to burn.

The Ragout:

12 Tbs Brown roux
5 cups Vegetable Stock
all Roasted Root Vegetables
12 Cioppolini or pearl or boiling onions, roasted
1 head Garlic, roasted
6 Roma Tomatoes, halved and roasted
1 cup Mushrooms, (Portobello, Chanterelles, or others sautéed)

Procedure:

Place 12 Tbs roux in a deep pot, add 5 cups stock. Heat through. Add all the roasted root vegetables, the 12 Cioppolini Onions, roasted garlic cloves, mushrooms and. heat through about 10 minutes.

Serve over spaghetti squash and garnish with oven dried tomatoes, vegetable chips* and fresh sage sprigs. *Make your own potato or sweet potato chips or buy Taro multi vegetable chips

Spaghetti Squash:

Roast whole in oven piercing a few times with a knife so it does not explode until tender at 300 degrees for about 1 hour. Alternatively, cook in the microwave 7 minutes on each side on high totaling about 14 minutes or until tender. Remember
to pierce a few times before putting in oven, so as not to explode in oven.

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