

Mushroom Tartlets



These tartlets are the perfect food for a picnic or a party. They go also very well for a little snack in front of the TV.

Together with a mixed salad it is even a full dinner or lunch. The vegan cheesy sauce makes this dish less blunt as you would imagine from a vegan tart. It blends very well with the taste of the mushrooms.

Ingredients

For the vegan cheesy sauce

80g raw cashews
100 g tofu
1 tsp Tapioca starch
4 tablespoons nutritional yeast
1 tablespoon fresh lemon juice
herb salt

For the dough

1 pack of vegan puff pastry

For the filling

400 g chestnut mushrooms
1 large onion
2 garlic cloves
4 tablespoons vegan cream
2 tablespoons nutritional yeast
cayenne pepper
herb salt
black pepper
1 teaspoon soy sauce
1 tablespoon olive oil
1 tablespoon Italian herbs mixture
(or dried rosemary, oregano, basilico)
red paprika powder (mild)

Instructions

- Soak the cashews in hot water for at least 30 mins. Blend the cashews in a food processor to a smooth paste. Add tofu, tapioca, nutritional yeast, lemon juice and herb salt and blend it together. Add nutritional yeast or salt at taste.
- Peel the onion, quarter it and slice it thinly. Fry it at medium heat in a pan with the olive oil until they are soft. Clean the mushrooms and quarter them. Add them to the onions in the pan. Add crushed garlic, cayenne, herb salt, black pepper, soy sauce, red paprika powder and Italian herbs in the pan. Mix everything and fry the mushrooms until the liquid is gone. The mix shouldn't be runny, it should be a proper mushroom pan. Turn the heat off and add soy cream and nutritional yeast.
- Cut the puff pastry in squares. If you have – fill the squares in round pastry forms. If not – take a round shaped glass, put it on top of the puff pastry squares and pull the edges of the pastry up to form little “cups” or “nests”. Fill the mushroom mix into the cups. Place one teaspoon of the vegan cheesy sauce on top of every cup.
- Bake in the fan oven at 180 C (without fan 200 C) for approx. 20 mins. until the pasty is slightly golden brown (not too dark though).
- Take them out and let them cool down for at least 20 mins.