

VEGAN ARTICHOKE HALVES STUFFED WITH MUSHROOM MEAT

Medias Shawki

6 artichokes

Filling:

1 pound portobello, cremini, or button mushrooms, shredded

1 cup walnuts or pecans, finely chopped

¼ cup vegetable or sunflower oil

1 large onion, chopped or 1 cup

3 cloves garlic, chopped

1 teaspoon nutritional yeast, optional

1 teaspoon organic chickpea miso

1 teaspoon low sodium tamari

½ teaspoon ground ginger

½ teaspoon dried thyme

½ teaspoon dried cilantro, optional

½ teaspoon Aleppo pepper or ¼ teaspoon crushed red pepper flakes

¼ teaspoon turmeric

Liquid from 1 8 ounce can organic chickpeas

Seasoned Panko Bread crumbs

Sauce:

Two 8-ounce cans tomato sauce

Juice of 2 lemons (about 6 tablespoons)

1 teaspoon maple syrup or 1 teaspoon sugar

1 teaspoon kosher salt

2 tablespoon light olive-oil

1. Cut the artichokes in half lengthwise, remove the hairy choke, and trim 1 inch of the bracts(leaves) from the top.
2. To make the filling, add oil to a medium skillet and sauté the Mushrooms, onions, and garlic until tender. Add the nuts, nutritional yeast if using, miso and spices. Cook for another 3-4 minutes or until liquid evaporates.
3. Fill the cavity of each artichoke with the filling.
4. Put the chickpea liquid in a shallow dish and beat it; put the panko crumbs in another. Dip each artichoke in chickpeas liquid and then dredge in the panko crumbs.
5. Heat the vegetable oil in a medium skillet over medium heat. Fry the artichokes, filling-side down, for 2 minutes, or until the breading is golden brown. Place the artichokes in a large skillet in a single layer. Do not stack.

6. To make the sauce, combine the tomato sauce, lemon juice, maple syrup, salt, and 1 cup water. Mix well.

7. Drizzle the olive oil into a medium ovenproof saucepan. Place the fried artichokes in the saucepan, filling-side up. Sprinkle the artichokes with salt. Cook over medium heat for 3 minutes, or until the artichokes begin to sweat. Pour the sauce over the artichokes. Bring to a boil over high heat, then reduce the heat to low, cover, and simmer for 20 minutes, or until the artichoke hearts are fork-tender. Transfer to an ovenproof dish baked in a preheated 350° oven for an additional 10 minutes.

May be frozen when cooled to room temperature.