

Vegan Gyudon

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 **Serving Size: 8 oz.**

Ingredients	Quantity	Measure
Seitan, Nature's Soy chicken	4	Pounds
Sesame oil, pure, toasted	6	Ounces
Onions, white, sliced	5	Pounds
Mushrooms, shitake	5	Pounds
Ginger, minced	2	Ounces
Garlic, peeled	2	Ounces
Scallions, fresh	8	Ounces
Mirin rice wine	32	Ounces
Miso soy	6	Ounces
Soy sauce, lite	4	Ounces
Sesame seeds, black	1	Ounce
Sesame seeds, whole, hulled	1	Ounce
Salt, kosher	2	Ounces
Olive oil, extra virgin	2	Cups

Preparation

1. Pick stems from mushrooms and slice thin. Mince garlic and slice scallions thin. Toast white sesame seeds. Hydrate miso with 32 oz of water.
2. Coat onions and mushrooms with olive oil and salt, keeping them on separate sheet pans. Roast at 350 F
3. Onions will caramelize and mushrooms will slightly crisp. Remove from oven and let cool.
4. In a large rondeau heat the oil on high heat. Add the ginger, garlic and half of the scallions. Fry until fragrant. Add mirin and reduce.
5. Add miso and soy sauce. Simmer, then add mushroom, onions and seitan. Allow to simmer and adjust salt as needed.
6. Serve over sticky rice, garnish with sesame seeds and scallions. Goes well with seaweed salad where available.