

TO VEGETABLES
with love

Sweet Potato Shiitake Poutine

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Headnote from Murielle: Poutine is a Quebecois dish of fries topped with hot gravy and squeaky cheese. Although traditional poutine has never been my favorite fast-food item, creating elevated versions like this one has awoken my love for this cherished dish. I have spent countless weekends with Sam creating new variations of poutine using all kinds of potatoes, leftover gravy, vegan sausage and ground meat, and various veggies. Poutines are like burgers in that they are an amazing blank canvas on which to express your creativity, practice your culinary skills, and develop your palate. For this recipe, I use sweet potato fries; their sweetness complements all the umami flavors of the decadent gravy that features miso, tamari, and shiitakes.

Serves 4

Sweet Potato Fries

4 sweet potatoes (1.36kg / 3 pounds), unpeeled and cut in 1/2-inch-thick batons
extra virgin olive oil
1/2 tsp chili powder
sea salt and black pepper

Mushroom Gravy

4 cups vegetable broth
1 cup (40 g) dried whole shiitakes
4 tablespoons (57g) unsalted vegan butter
2 shallots / eschalots (about 75g), diced
2 garlic cloves, finely chopped
1 sprig fresh thyme, leaves picked
3 tbsp all-purpose or rice flour
1 tbsp whiskey, optional (see note)
2 tsp tamari or soy sauce
2 tsp miso paste
1/2 tsp black pepper

Sauteed Shiitake

2 tablespoons unsalted vegan butter
1 garlic clove, finely chopped
1 tsp tamari or soy sauce
black pepper, to taste

Toppings

vegan feta cheese
sliced scallions

Prepare the sweet potatoes

Preheat the oven to 400°F. Line a baking sheet with parchment paper. Add the sweet potatoes, drizzle with olive oil, add the chili powder and season with salt and black pepper. Toss to coat, then arrange in a single layer. Bake for 40 to 45 minutes, tossing halfway through, until the sweet potatoes are tender and browning at the edges.

Prepare the mushroom gravy

Add the broth and dried shiitakes to a medium saucepan and place on high heat. Cover with a lid, bring to the boil and then reduce the heat to low and simmer for 20 minutes. Remove the shiitakes from the saucepan and set aside. Transfer the broth to a bowl.

Return the saucepan to the stove, add the butter and melt it over medium heat. Add the shallots and cook, stirring often, for 2 to 3 minutes, until softened. Add the garlic and thyme, and cook for 1 minute. Sprinkle in the flour and cook for 1-2 minutes, stirring constantly. Add the warm broth, whiskey (if using), tamari, miso, and pepper. Stir, then bring to a boil over high heat. Reduce the heat to medium and cook for 5 minutes, stirring often.

Transfer the mixture to blender or use a handheld immersion blender and blend until smooth. Return to the stove and cook over medium heat for another 5 minutes or until thickened. Set aside.

Prepare the sauteed shiitakes

Thinly slice the rehydrated shiitakes. Melt the butter in a skillet (frying pan) over medium-high heat, then add the shiitakes and cook until golden, about 2 minutes. Add the garlic, tamari, and pepper. Stir, then immediately remove from the heat to prevent burning.

Assemble the poutine

Divide the sweet potato fries among four individual bowls. Top with crumbled feta, gravy, and sautéed shiitakes. Sprinkle with sliced scallions and serve.

Notes from Murielle:

- *Looking for a more traditional poutine? Use russet or Yukon Gold potatoes instead of sweet potatoes.*
- *Feel free to swap the shallots (eschalots) in the gravy with red onion or yellow (brown) onion.*
- *Although the whiskey is optional, I really recommend it! It adds another layer of flavor and makes the ingredients come alive. If you only have bourbon on hand, feel free to use that instead.*

