

Mushroom Wellington

4 portobello mushrooms
4 tablespoons tamari/soy sauce
2 tablespoons olive oil
2 tablespoons Worcestershire sauce
2 teaspoons ground fennel seed
1 teaspoon kosher salt
1 cup dried brown lentils
2 cups vegetable broth, or water
1/2 small yellow onion, finely diced
2 carrots, peeled and finely diced
2 ribs celery, finely diced
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon kosher salt
Dash white balsamic vinegar
1 can vegan crescent dinner rolls

Marinate the mushrooms: whisk together the tamari, olive oil, Worcestershire sauce, ground fennel seed, and salt. Spread the mushrooms out in a shallow dish or rimmed baking tray, rub the marinade into the mushrooms so that they are coated on both sides. Marinate for at least 30 minutes, preferably one hour.

Cook the lentil mixture: Combine the lentils and broth in a medium saucepan, and bring to a boil. Reduce to a simmer, and cook, uncovered, for 20 to 30 minutes until lentils are tender. Add water if needed to keep lentils just barely covered while cooking. If liquid remains when they are done, drain the lentils in a colander. Set the cooked lentils aside, and sauté the onion, carrot, and celery in olive oil until they start to soften, about five minutes. Add the basil and oregano, and salt to the vegetables. Stir in the lentils, and add a dash of white balsamic vinegar. Season to taste with salt and pepper, then set aside to cool.

Preheat oven to 375°F, with a rack in the center position. Line a baking tray with parchment paper.

Cook the mushrooms: Heat a skillet over medium heat, and cook the mushrooms for five to seven minutes on each side, until the mushrooms have softened. Add some of the marinade or olive oil if necessary to prevent sticking, if necessary.

Cook the Wellington: Open up the crescent roll dough, and remove two roll segments (one square's worth), taking care not to separate the triangle segments. On a lightly floured surface, lay the square of dough down and press the perforation between the two triangles together to seal. Pat or roll out the dough into a 5- or 6-inch square. Place a mushroom in the center with its cavity facing up, and



fill with the lentil mixture. Fold the opposite corners up and around the mushroom, then repeat with the remaining two corners. Press the seams together to seal the dough, then place seam side down on the parchment-lined baking tray. Repeat with remaining mushrooms. Cut two small slashes in the top of each dough square, and bake for twelve to fifteen minutes, until golden brown on top. Best if served immediately.