

Pecan Nut Loaf with Mushroom Gravy -A Meatloaf Alternative

ADAPTED FROM "TWO HEARTS, FOUR HANDS" BY LOCAL CHEF SULIN BELL

Recipe and pairings provided by Martha Barra / Barra of Mendocino & Girasole Vineyards



"I went to visit family in the Mid-West this past November, and while there, a friend of my brother's gave me FIVE pounds of small, native pecans which had been lovingly picked out of their petite shells. After returning home, I recognized how fortunate I was to be the recipient of this amazing gift and how they had worked so diligently to provide me with this delicious treat. In their honor, I'm sharing a vegan-friendly meatloaf recipe that will pair wonderfully with our **Girasole Vineyards 2019 Charlie's Blend.**"- Martha Barra



Pecan Nut Loaf:

1 large diced onion
1 small jalapeño, seeds removed and minced
2 ½ cups of pecans + 6 halves
2 cup diced tomato
¾ cup plant-based egg substitute (e.g. Just Egg)
½ cup almond milk or other non-dairy alternative
2 Tbs soy sauce
2 Tbs dry sherry
1 ½ cups breadcrumbs
2 Tbs Bella Collina extra virgin olive oil
½ cup chopped, minced fresh herbs: Parsley and either basil, oregano, or thyme
Salt and pepper to taste

Directions for nut loaf:

Preheat oven to 350 degrees
Finely chop pecans in a food processor or by hand. Sauté onion and jalapeño in two tbs olive oil until onion is transparent (3-4 minutes). Place pecans, onions and jalapeno in mixing bowl along with diced tomatoes, herbs, soy sauce and sherry. Mix well, and then add breadcrumbs. Beat eggs with dairy-alternative and add to mix. Place in greased loaf pan, pat down top with fork, mark approximately where loaf will be sliced and then place one pecan on each slice. Cover loosely with foil and cook in preheated oven for 20 minutes to keep pecans from browning too soon. Remove foil and cook for another 10 minutes.

Mushroom Gravy:

Two cups sliced mushrooms (your choice)
4 Tbs celery, diced
4 Tbs basil/parsley mix, minced
1 medium onion, sliced
3 garlic cloves
1 Tbs Bella Collina olive oil
Two cups vegetable broth
2 Tbs soy sauce
2 Tbs dry sherry
2 Tbs cornstarch for thickening
Salt and pepper to taste

Directions for gravy:

Sauté the mushrooms, celery, onion and herbs in a skillet with olive oil. Add two cups of vegetable broth to skillet and add soy sauce and sherry. Press in garlic cloves and cook for five to eight minutes. Dissolve cornstarch in four Tbs water and add to the vegetables in skillet. Continue cooking until thickened.
When serving, sprinkle more chopped parsley around edge of serving platter, put some of the gravy on the pecan loaf slices and serve the rest in a pitcher.