

# MEATLESS MONDAY

"One day a week, cut out meat"

## rainbow foods

### Miso-Mustard Cabbage with Tempeh Serves 4

#### Ingredients:

8 oz tempeh, preferably mixed grain  
1 1/2 to 2 tbs olive oil  
1 cup hot water  
3 tbs sweet white miso  
1/4 cup Dijon mustard, plus 1 to 3 additional tbs to add at the end  
1 cup thinly sliced leeks (white and light green parts), thoroughly rinsed  
2 large cloves garlic, peeled and minced  
2 large carrots, trimmed, peeled, halved lengthwise, & cut into 1/2-inch-thick half-moons  
1/2 lb cremini or button mushrooms, trimmed and sliced  
1/2 cup dry white wine or vermouth  
1 small green cabbage (about 1 1/2 pounds), quartered, cored, and cut crosswise into 1/2-inch slices  
salt and fresh black pepper, to taste

#### Instructions:

1. Cut the tempeh in half crosswise. Cut each slab in half horizontally. Heat a large nonstick skillet over medium heat. Lightly brush both sides of each piece of tempeh with oil and set it in the skillet. Cover and cook until speckled with dark brown spots, about 2 minutes. Flip over, cover, and brown on the second side, 1 to 2 minutes.
2. Transfer the tempeh to a cutting board. When cool enough to handle, cut into 1-inch "fingers." Holding the knife at a 45-degree angle, cut each finger on the bias into slices about 1/2 inch thick. Set aside.
3. Prepare the sauce by pouring the hot water into a large glass measuring cup. Dissolve the miso in the water by mashing the paste against the side of the cup and stirring vigorously with a whisk or fork. Blend in 1/2 cup mustard.
4. Heat 1 tbs of oil in a large, nonreactive saucepan or enamel-lined Dutch oven over high heat. Sauté the leeks and garlic for 1 minute, stirring frequently. Add the miso-mustard sauce, reserved tempeh, carrots, and mushrooms. Bring to a boil, then cover and cook over medium heat for 15 minutes, stirring occasionally. Stir in the wine, then the cabbage. (It will seem like a lot, but will quickly wilt.) Cover and cook over medium heat, stirring occasionally, until the cabbage is tender but still a bit crunchy, 8 to 10 minutes. If the mixture becomes dry before the cabbage is cooked, stir in 1/4 cup of hot water.
5. When the cabbage is done, add salt and pepper and additional mustard if needed to intensify the flavour of the sauce.

### Whose recipe is this?:

**Name:** Dorothy Wilson

**Department:** Store Manager

**How long have you been at Rainbow Foods?:** 17+ years

**Why did you choose this recipe?:** A filling and flavourful dish that stands quite well on its own.



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