

Spicy patties with gravy

vegan | gluten-free | about 5 people



Ingredients:

250 g dry soy mince	1 tbsp sweet paprika powder
4 onions	1 tbsp smoked paprika powder
2 garlic cloves	salt
1 carrot	pepper
80 g celery	caraway seeds
100 g mushrooms	thyme
2-3 tbsp cornstarch	marjoram
200 g potato flakes or flour	basil
50 g breadcrumbs	3 bay leaves
200 ml water	1 tbsp mustard
2-3 liters vegetable soup	1 tbsp soy sauce
1 tbsp butter	Liquid smoke to taste
1 tbsp tomato paste	oil for frying

Instructions:

1) Prepare the soybeans:

Bring 1 liter of vegetable broth to a boil with sweet paprika powder, 2 bay leaves, salt, pepper, thyme, and marjoram. Add the dry soybeans, remove the pot from the heat, cover, and let soften for 10 minutes. Strain, remove the bay leaves, and set aside for later. Strain, remove bay leaves and set aside for later.

2) Prepare vegetables:

Wash and peel carrots and celery and chop into large cubes. Clean mushrooms and chop into large pieces. Peel onion and garlic, chop one onion into large cubes. Finely chop the second onion.

3) For the patties:

Mix the breadcrumbs with paprika (smoked) and water, set aside for later. Fry the finely chopped onion in a little oil until light brown, set aside.

4) Prepare the sauce:

Fry the coarsely chopped onion in oil. Add carrots, celery, and mushrooms and sauté until nicely browned. Add tomato paste, mustard, soy sauce, and 2 garlic cloves. Season with salt, pepper, marjoram, and thyme, sauté briefly. Pour in 1.5 liters of broth, add the bay leaf and simmer for 20 minutes. Then strain the vegetables (do not throw them away!) and collect the sauce. Remove the bay leaf, puree half of the cooked vegetables with the sauce and puree the other half separately with a ladleful of sauce.

5) Prepare the patties:

Lightly squeeze the cooled soy mixture and place it in a bowl. Add the previously sautéed onion and puréed vegetables to the soy mixture. Press 2 garlic cloves and add to the mixture. Add the breadcrumb paste, cornstarch, salt, pepper, caraway seeds, thyme, marjoram, and basil to the mixture and mix everything well. Let the mixture stand for about 20 minutes, adding potato flakes or flour if necessary.

6) Finish the sauce:

Bring the sauce to a boil with butter and thicken with 2-3 tablespoons of cornstarch + water as needed. Optionally, add up to 0.5 L of water. Season to taste and add liquid smoke if available.

7) Shape and fry the patties:

Form approx. 15 patties from the mixture. Roll in breadcrumbs. Fry in oil on both sides until golden brown.

Serve with sauce and side dishes.

Tip:

This dish tastes best with fresh mashed potatoes and colorful buttered vegetables. When shopping, look for vegan and, if desired, gluten-free products.