

Baked Pumpkin **with Seitan, Vegetables and Peach Filling**

Vegetarian Adaptation of Carbonada Criolla
from the kitchen of Mike Kennard

10 - 12 lb. pumpkin or other large winter squash	2 tablespoons olive oil
1 1/2 pounds sweet potatoes peeled and cubed	1/2 teaspoon dried oregano
1 1/2 pounds white potatoes cubed	1 clove finely chopped garlic
1 pound of Seitan coarsely chopped (recipe to right)	1 cup coarsely chopped onion
1/2 cup coarsely chopped green pepper	1 Bay leaf
freshly ground black pepper (to taste)	1 teaspoon sea salt
3 medium, firm tomatoes coarsely chopped	4 fresh peaches, pitted and sliced
1/2 pounds zucchini scrubbed but not peeled, cut into quarter inch slices	
3 ears corn, shocked and cut into rounds 1 inch wide (I was unable to find corn on the cob)	

Preheat the oven to 375°F. Scrub the outside of the pumpkin under cold running water with a stiff brush.

With a sharp knife, cut down into the top of the pumpkin to create a lid 6 or 7 inches in diameter. Leave the stem intact as a handle. Lift off the lid and with a large metal spoon scrape the seeds and stringy fibers from the lid and from the pumpkin shell.

Place the pumpkin in a large shallow roasting pan. Fill with the sweet potato and white potato cubes, cover with its lid and bake for approximately 45 minutes, until tender but somewhat resistant when pierced with the tip of a knife. The pumpkin shell should remain firm enough to hold the filling without danger of collapsing.

In a large bowl combine remaining ingredients. Carefully ladle the potatoes from the pumpkin into the bowl and combine with the other ingredients. Pour all into the baked pumpkin, covering again with its lid, and bake for another 15 minutes. To serve, place the pumpkin on a large serving platter and ladle the contents including some of the pumpkin onto individual serving plates.



Simple Seitan (from Veganomicon)

1 cup vital wheat gluten flour	1/4 cup soy sauce
3 tablespoons nutritional yeast	1 tablespoon olive oil
1/2 cup cold vegetable broth	2 cloves garlic, pressed or grated

Mix gluten flour and yeast in a large bowl. In a smaller bowl, mix together the vegetable broth, soy sauce, olive oil, and garlic. Pour the wet into the dry and stir with a wooden spoon until most of the moisture has been absorbed. Use your hands to knead the mixture for about three minutes, until the dough is elastic. Divide with a knife into three equal pieces and then knead those pieces just to stretch them out a bit.

Broth: 4 cups cold water, 4 cups vegetable broth, 1/4 cup soy sauce

Fill a stockpot with broth ingredients and add the gluten pieces. Cover and bring to a boil; as soon as it boils lower heat to a low simmer or the outside of the gluten will be spongy.

Partially cover the pot so steam can escape and let simmer for an hour, turning the seitan occasionally. Turn off heat and remove lid. Cool for 15 minutes.

Remove seitan from broth and place in a strainer until it is cool enough to handle. It is now ready to be sliced or cubed.