

New England Boiled Dinner

Seitan replaces corned beef in this classic one-pot meal. The ultimate in simplicity, yet wholesome and eye-appealing, New England Boiled Dinner takes only 10 minutes to prepare and about 20 minutes to cook. It is cooked and served in a large cast iron or stainless steel frying pan.

Vary the vegetables according to season and availability, but keep in mind an attractive variety of colors and add ingredients appropriately so everything is finished cooking at the same time.

In a large frying pan bring the water, kombu, tamari and herbs to a boil. Place the onion, carrots, cabbage, mushrooms and seitan in the pan, arranging them so each variety is separate and colors are balanced. Cover and simmer 5 minutes, then add squash and simmer until vegetables are nearly tender (about 10 minutes more). Add broccoli and simmer until it is tender-crisp (about 5 minutes). Uncover and serve immediately by placing it in the center of the table.

Preparation List:

Serves 3

- 2 cups water or unsalted stock
- 4-inch piece of kombu
- 2 tablespoons tamari
- 1 bay leaf, broken into 2-3 pieces
- pinch rosemary
- ½ large onion, cut into 6 wedges
- 3 carrots, cut into bite-sized chunks
- ¼ head cabbage, cut into 3-4 wedges
- 12 mushrooms, whole
- several ½-inch-thick slices seitan
- 3 1-inch wedges buttercup squash
- 12 broccoli flowerets