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Vegan Calamari Sauce with Spaghetti

Serves 4

I had a craving for calamari/octopus stew. I have had this Maltese-style in the past, and also something similar in Greece years ago. But I always did my own thing, as I found what I cooked to be preferable and magical in terms of ingredient and flavours over the years. Then I became vegan, but I did not lose my passion for the flavours from the past. Here I recreate the dish with heartfelt hope and much enthusiasm, and the taste is a sublime rich stew, full of texture and colour, with the most incredible, memorable flavour when married with spaghetti. You will love this, and if you make it for your loved ones or guests, well, they will love you all the more !

INGREDIENTS

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1/8 cup extra virgin olive oil

4 large king oyster mushrooms (choose the thick stem ones)

4 to 5 cloves garlic, cut lengthways

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1 huge onion, roughly chopped

1 tsp chilli flakes

2 cups dry white wine

1 tsp apple cider vinegar

3 Tbsp vegan fish sauce (**UK** or **US**) or 1 Tbsp ground seaweed or kelp mixed with 2 Tbsp soya sauce

1 tsp miso

2½ cups tomato pulp (mine was freshly made)

2 Tbsp tomato puree

1 cup peas (I confess to using tinned processed peas)

¼ tsp **mixed spice**

1 tsp sea salt

1 tsp curry powder

2 bayleaves

a pinch of white pepper

2 medium/large potatoes – pre-boil these, cut each in 4, and set aside

around a dozen Mediterranean black olives – be sure to get them ready salted

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a drizzle of agave or maple syrup

freshly chopped parsley for garnishing

chilli flakes for garnishing

METHOD

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- 1** Prepare your mushrooms by cutting the stems lengthways to form a circle around 1/4 an inch thick. Work your way up all the stems.
- 2** Then, using a tiny cookie cutter, make a hole in the middle of the mushrooms – do this to all the mushrooms. Do not discard the centres, just marinate in vegan fish sauce, and then you can make a batter, and create a wonderful calamari frittata.
- 3** Next, in a separate frying pan, heat up some olive oil, and fry your hollow vegan calamari making sure they become golden, and gently turn them around. Set aside for a few minutes.
- 4** Meanwhile process your onions in a food processor, or finely chop them. Heat up your oil in a large saucepan, fry your onions, add your garlic, then mix in your spices, and half the wine (be sure your onion is properly cooked before doing so).
- 5** Now add your tomato puree, and stir well for a couple of minutes. Then spoon in your calamari fried circles, slowly add your fresh tomato sauce, and allow to simmer for a few minutes.

6 Add the remaining ingredients, except for the garnish, and simmer gently for around 20 minutes.

7 Boil your spaghetti according to the instructions on the packet until ready (al dente is always preferable)

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;) Spoon your spaghetti into a serving dish, drizzle a little olive oil, and spoon on your sauce.

) Garnish with chilli flakes and parsley ! JOY !

If you like this recipe, after you've made it could you please scroll down to the comments box below and let me know how you got on. Thanks !

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Vegan Beef & Guinness
Pie

The Beyond Burger Lamb
Curry



4 COMMENTS



narf7

November 14, 2019 at 3:54 am

Hi Miriam,

This looks incredibly good. I wish I had seen this recipe a few weeks ago when I was tossing up what to do with 4 large king oyster mushrooms I had bought. I will know what to do with them next time I see them and will buy them specifically to make this unctuous montage to the vegan sea. Beautiful, an awesome combo of flavours and I can't wait to try this 😊



Miriam

November 14, 2019 at 7:44 am

Hi there narf7 and welcome here. Yes, there is always a next time and once you've made this sauce, you'll know when you see the king trumpet mushrooms that they can be turned

into this magnificent rich sauce. I very much look forward to your future comments on my blog ! Cheers to you !

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**Michael Harrison***November 20, 2019 at 8:46 am*

Shared on Facebook! 😊

This is interesting – Vegan counterparts of seafood! This hearty stew sauce together with spaghetti looks glorious and it could probably be applied many other ways as well, or just enjoyed by itself! Imagine a pot pie made with this calamari creation! Even those rings made from the oyster mushrooms could have a variety of uses too! 😊

**Miriam***November 22, 2019 at 2:59 pm*

Hi Michael, that is true – and the rings may be served with a variety of different dips too !

