



Cécile's
untamed kitchen

Tempting Tempeh & Tofu
&
Sassy Savoury Sauces

Smoked Tofu & Mushrooms

Serves +/- 4 people

1 tbsp olive oil
1 block (210g) "Soyganic Smoked Tofu Original"
1/2 lb cremini mushrooms
1 medium onion - sliced
1 carrot - sliced
2-3 garlic cloves - minced
fresh basil, cilantro or parsley
1 tsp veggie bouillon powder
sea salt & freshly ground pepper
1/2 cup water or white wine
1 tbsp tamari (optional)

Cut up the tofu in small cubes.

Slice the mushrooms in about 4 to 5 pieces (not too thin so that they hold their shape better).

In a frying pan, sauté the onion, carrot and tofu until nicely caramelized before adding the mushrooms. Cook for a few more minutes.

Add the garlic, parsley and seasoning. Deglaze with the liquid.

Always adjust the seasoning to YOUR taste!

Tips & Tricks...

** using a veggie bouillon powder is a fabulous way to add flavours to any dish you make. I use "Harvest Sun Organic Bouillon Powder"*

** add more veggies such as kale, broccoli florets, cauliflower, red pepper etc.*

Bacon-Style Tempeh

1 package of "Henry's Soy Original Tempeh" (250g)

Cut crosswise in 2 smaller rectangles. Then, cut each rectangle in 16 slices (crosswise again). You end up with 32 small slices of "bacon"

For the marinade...

2 tbsp olive oil
3 tbsp tamari
3 tbsp nutritional yeast
1/2 tsp smoked paprika
2 tsp maple syrup
1/4 cup water
Freshly ground pepper

Pre-heat oven to 360°F/180°C

Make the marinade by mixing all the ingredients.

Using a 9x13" baking dish, cover the bottom with 1/2 of the marinade. Place the pieces of tempeh on top.

Pour the rest of the marinade over. Let it sit for +/- 30 min.

Bake for 15 to 20 min. The time depends on your oven. Just keep an eye on it. It turns sort of golden. If you are in a rush, put it under the broiler.

If you want it crispier, just bake it longer.

Tips & Tricks...

* fast version = crumble the tempeh with your hands, add the marinade and bake.

* this marinade works wonders with tofu. Let marinate at least 1 hour.

Simple Marinated Tofu

1 block (350g) "Sol Cuisine Organic Tofu Firm".

Cut it in +/- 48 small pieces (or any size/shape you want)

For the marinade...

1/4 cup olive oil

2 tbsp fresh-squeezed lemon juice (+/- 1 lemon) + zest

2 tbsp tamari

2-3 garlic cloves - minced

Fresh minced ginger

Sea salt & freshly ground pepper

Pre-heat oven to 380°F/190°C

Mix the ingredients for the marinade and pour over the tofu.

Adjust the seasoning BEFORE letting the tofu sit for AT LEAST 1 hour. Give it a stir every 15 minutes.

Before baking, drain the extra marinade. You can pour it back over at the end. Bake for +/- 25 min. turning the pieces around half way so they bake evenly. (Or sauté, fry, or broil)

Tips & Tricks...

* cut tofu smaller & thinner so flavours will soak up quicker.

* try grating tofu just like cheese. It'll absorb the marinade almost immediately. It will save you time. Use in a stir-fry or as a topping to replace cheese on a pizza or gratin!

* add 1 tbsp sesame seeds.

* add dried herbs like basil, Provence herbs, Italian seasoning.

* lovely with your favourite curry powder, chili powder, smoked paprika etc.

TofuNaise

A versatile vegan mayonnaise, sauce, salad dressing or dip!

Makes +/- 2 cups

1 package Silken/Soft Tofu (340g/12 oz)

3 tbsp olive oil

1 tbsp lemon juice or apple cider vinegar

1 tbsp tamari

1 tbsp mustard

1/2 tsp turmeric (optional)

1-2 tbsp nutritional yeast (optional)

sea salt & freshly ground pepper

Whiz together all the ingredients in a blender.

Make sure to taste and adjust the seasoning. Keep in the fridge for up to 5 days.

Tips & Tricks...

** blend a little longer to make sure it's well mixed. If it separates after 2 days, give it a good stir.*

** try using an immersion blender or simply some "elbow grease" (= you and a whisk!).*

** for an "eggless salad", add your TofuNaise to a can of mashed chickpeas.*

** use over steamed veggies with a sprinkle of nutritional yeast.*

** use as a creamy salad dressing over your greens, a coleslaw...*

** goes wonderfully well with avocado.*

** can use a few drops of liquid smoke*

Creamy Hemp Dressing

Makes +/- 1 cup

1/2 cup hemp hearts from "Manitoba Harvest Hemp Foods"

1/2 cup water

2 tbsp olive oil

1-2 tbsp organic apple cider vinegar or fresh-squeezed lemon juice

1 tbsp nutritional yeast

1 tbsp tamari

sea salt & freshly ground pepper

Soak the hemp hearts in water for 30 min. to soften. Don't drain!

*Using a blender, whiz together all the ingredients.
Make sure to always adjust the seasoning to YOUR taste!*

Tips & Tricks...

- * if using fresh-squeezed lemon or lime juice, add some of the zest.*
- * add fresh herbs... basil, cilantro, dill or parsley.*
- * minced garlic &/or ginger.*
- * flavours: curry, chipotle, sun-dried tomato tapenade, store-bought pesto, smoked paprika.*
- * hot sauce of choice.*
- * 1 tbsp Dijon mustard (any other mustard will do the job).*
- * try a roasted pepper version by simply roasting 1 red pepper + 1 onion + garlic + Provence herbs + sun-dried tomatoes. Deglaze with a bit of cold water. Blend it all and adjust the seasoning.*

White Bean Sauce

This one is close to an Alfredo-style sauce. Dairy-free, gluten-free, easy, economical, nutritious, with a low fat content & tasty. Any white bean works!

*1 can (540ml/19oz) white kidney beans - drained
2 tbsp olive oil
1-2 medium onions - sliced
3 to 4 garlic cloves - minced
+/- 1/2 cup water, veggie broth or white wine
2 tsp veggie bouillon powder (I love Harvest Sun organic bouillon powder)
sea salt & freshly ground pepper to taste*

*In a frying pan, over medium heat, sauté the onion until caramelized.
Add the garlic and cook for 2 to 3 minutes.
Deglaze with your liquid of choice.
Add the beans & season. Cook for a few minutes.
Blend and adjust the seasoning. If too thick, simply add more water.*

Tips & Tricks...

- * try with 1/2 tsp nutmeg, 1/2 tsp smoked paprika, 1/2 tsp Provence herbs or a fresh herb like parsley (neutral), basil or coriander.*
- * roasted garlic would add a sweetness & depth to your sauce.*
- * nutritional yeast is a nice and cheesy addition (start with adding 2 tbsp).*
- * using coconut oil would add a more distinctive flavour. Use 2 tsp curry powder to create an Indian version!*
- * try fennel, leek, shallots instead of/or with the onion.*
- * Play with other beans... e.g. chickpeas.*