

BAKED TOFU LOAF

Serves: 6-8

Prep & Cooking Time: 70 mins

Cooling: 45-60 mins

Tools: Food Processor, 9" Spring Form Tin, Mixing Bowl

Type: Dinner, Christmas, Thanksgiving

Courtesy of: Eat2Health Blog

This baked tofu loaf is healthy and a little time consuming but we promise that it's easy to prepare! It's the perfect plant-based centre piece for your next seasonal or evening family meal. Prepare it in advance or on the day in question, just make sure to nestle it next to some tasty trimmings and top it all off with a delicious gravy! Happy Cooking! :)



Ingredients

Staple Ingredients		Additional 'Suggestive Seasonings'	Our Example Loaf's Seasonings	The Seasonings We Plan to Use on Christmas Day!
800g Firm Tofu (=2 tetra paks)		<u>Herbs/Spices/Seasonings</u>	3 tsp Dried Thyme	An extra 70g of dried & cooked Quinoa
70g Dried quinoa, cooked (or brown rice)		- Onion Powder	2 tsp Dried Sage	170g DF/GF Seasoned Stuffing Mix
100g Breadcrumbs or Flour		- Garlic Salt	½ tsp Salt & Pepper	(*instead of breadcrumbs)
12g Garlic clove (3 fat ones!)		- Mild Paprika	1½ tsp Yeast Extract	10g Fresh Thyme
130g Spring onion		- Dried Herbs De Provence	100g Tomato Puree	10g Fresh Chives
130g Red Bell pepper		- Fresh Herbs: Rosemary, Parsley		5g Fresh Sage
160g Carrot		- Salt & Ground Black Pepper		50-75g Mushroom Paste (instead of tomato)
1 Stick Celery				1 tsp Yeast Extract
1 tbsp Rapeseed oil		<u>Flavourings</u>		1-3 tbsp Soya Sauce
2 'Flax Eggs'		- Yeast Extract		½- ¾ tsp Garlic salt
2 tbsp DF Milk (unsweetened)		- Brown Miso Paste		1 tsp Dijon Mustard
15g Fresh Herbs (sage, thyme, chives)		- Soya Sauce (low-salt) or Tamari		
150g Vegan Cream Cheese (plain)		- Tomato puree		
150g Salt and Ground Black Pepper		- Garlic paste		
		- Mushroom Paste		
		- Dijon Mustard		
		- Vegetable or Vegan Chicken-Flavoured Stock Powder (low-salt)		
		- DF Gravy Granules/Powder		
		- Seasoned Stuffing Mixture (*instead of breadcrumbs)		
		- Nutritional Yeast		
		- Chutneys		
		- Flavoured V. Cream Cheese		
		- Flavoured Olive Oils		
				<i>...possibly some additional flour or breadcrumbs, but it will mainly be a case of tasting and seasoning as necessary!</i>

Directions

1. Drain and press the tofu between two heavy plates or chopping boards for 30 mins to express any excess water.
2. In the meantime, wash the quinoa in a sieve under cold running water for 30 seconds to help remove some of its bitterness and then cook it according to the packet instructions. NB: Ours took 15-20 mins to cook.

3. If applicable, create some breadcrumbs. **Tip:** *We toasted some delicious chia and soya-based bread and then created some in our food processor!*
4. Meanwhile, peel and dice the garlic. Wash, trim the ends and finely slice the spring onion. Wash, remove the stem and core and then dice the bell pepper. Wash, peel, trim the ends and then finely grate the carrot. Wash, trim the ends and then dice the celery.
5. Heat 1 tbsp of rapeseed oil a non-stick frying pan over a medium-low heat (or spray it with some low-fat cooking oil). Add the garlic, spring onion, bell pepper, carrot and celery. Gently fry for 3 mins or until softened. Remove from the heat.
6. Heat oven to 180°C/350°F. Lightly grease a 9" spring-form baking pan with some oil or margarine.
7. Prepare the 'flax eggs'. Place 2 tbsp of ground flaxseed into a small bowl with 6 tbsp of water. Mix together. Leave for 5 mins to set. Next, wash the sage and thyme, remove the leaves from its stem and then roughly chop them. Wash and dice the chives.
8. Meanwhile, drain off the excess water from the tofu. Pat it dry with some kitchen paper. Crumble it into a food processor. Add 2 tbsp of DF milk. Process until the tofu becomes smooth & 'mousse-y'.
9. Assemble the loaf!
 - Step 1:** Transfer the tofu mixture into a large mixing bowl.
 - Step 2:** Add the flax eggs, fresh herbs, cream cheese and your desired seasoning & flavourings!
 - Step 3:** Mix until thoroughly combined.
 - Step 4:** Add the vegetable mixture. Fold it through with a spatula. Taste and season it as necessary.
 - Step 5:** Add the breadcrumbs (flour or stuffing mixture!) and the cooked quinoa (or rice).
 - Step 6:** Fold it through and thoroughly combine.
10. Transfer the tofu mixture into the greased tin. Use a spatula or some grease proof paper to help press the mixture snugly into the base of the tin and flatten the surface as much as possible. **Tip:** *The mixture will be a bit sticky, but just lightly flour your hands if necessary!*
11. Place it onto the middle oven shelf and bake for 40-45 mins or until it's' lightly browned, firm to touch and the edges are slightly coming away from the tin!
12. Remove from the oven. Allow to cool in the tin on a cooling rack for 45- 60 mins. It stays warm for a very long time so you have plenty of time to prepare your side dishes and/or gravy! **NB:** *In our trial run we were able to roast some tasty sides and prepare a sauce in that time it took to cook and set. :)*

Garnish it with anything and everything Christmassy and enjoy with numerous tasty sides!

Enjoy!

Notes:

- Refrigerate any leftovers in an air-tight and resealable container; reheat and consume within 5 days.
- It's important to note that this recipe has fourteen staple ingredients that all help to form the foundations of this round tofu loaf; the additional seasonings and flavours are up to you!
- As tofu goes, it always needs seasoning and as you won't be marinating it, you'll need to decide on a few key flavours that you enjoy.
- We were happy with the ones that we used, but have highlighted (above) on how we will be adapting some of them on Christmas day! We have listed numerous suggestions for you to try-make it great! One suggestion is 'just think big'; a half teaspoon of salt and one tablespoon of dried herbs won't cut it! You need to increase your portions to carry the flavour all of the way through!