

MAPLE APPLE CIDER TOFU



Apple Cranberry Chutney

INGREDIENTS

- 1 tbsp coconut oil
- 2 Granny Smith apples, cored, and chopped (or another cooking apple)
- 1/4 cup golden raisins (optional)
- 1/2 cup fresh cranberries
- 1 Tbsp maple syrup
- 1-2 Tbsp apple cider
- 5 fresh sage leaves, chopped

METHOD

1. Heat coconut oil over med-hi heat. Add apples and cook for 5 minutes, stirring regularly. Add raisins and cranberries and cook for 3 minutes.
2. Add maple syrup and mix well, then add 1 tbsp of cider. Cook until cranberries burst and apples are soft but still have some texture. Add more cider, if needed. It should be moist but not runny. Lower the heat and let simmer while you prep the other components of the dish.
3. When ready to assemble the dish, mix in the sage leaves and remove from heat.

Stuffing

INGREDIENTS

- 2 slices sourdough bread (or so. You will need 1.5 cups of cubed bread when you are done)
- 1 Tbsp coconut oil
- 1/2 fennel bulb, thinly sliced
- 1 inch fresh ginger, minced
- 2 Tbsp apple cider
- 1 tsp thyme plus -1 tsp asafetida
- 4 cups packed baby spinach or kale coarsely chopped.
- Salt and pepper

METHOD

Turn oven on to 300 degrees

1. Heat a frying pan over med to med-hi heat. Lightly spread coconut oil on the sourdough bread on both sides and fry both sides for 2-3 minutes, until golden. Remove from pan and cut into 1/4" cubes. Measure out 1.5 cups and put into a bowl.
2. Put the pan back on the stove over medium heat. Add the 1 tbsp of coconut oil, and when melted add fennel and ginger. Fry for about 5 minutes, until fennel is translucent but not too brown. Reduce heat if needed.
3. Add cider, thyme and asafetida and mix well. Add spinach and cook until wilted but still a vibrant green. Season with salt and pepper then add to the bread cubes. Mix well. Put in an oven proof container and keep warm in the oven.

Maple-Apple Cider Tofu

INGREDIENTS

- 1Tbsp coconut oil
- 1 package extra firm tofu
- 3 Tbsp maple syrup
- 2 Tbsp apple cider
- salt and pepper

METHOD

1. Cut the tofu in half vertically, and then cut each half into 5 thin slices. Use a 2.5" biscuit cutter to cut out 10 rounds.
2. While you are cutting the tofu, heat a frying pan on the stove over med-hi heat. Add coconut oil and swirl pan to melt, and then add tofu circles. Fry for 3-5 minutes, only on one side, until a nice golden brown.
3. Add maple syrup to the pan and swirl/shake to distribute. Flip tofu over and swirl/shake again. Season lightly with salt and some freshly ground pepper. Add cider to the pan and swirl/shake to distribute. Flip tofu over (i.e. fried side is now back down, and season with salt and pepper. Let reduce for a minute or so, and then remove from heat.

TO ASSEMBLE:

This dish relies on a biscuit cutter (or metal ring) that is 2.5" in diameter, and 1.5" tall. Place one tofu circle on a plate, fried side down. Place ring over the tofu, and then pack in stuffing, compressing the stuffing down with a spoon. Carefully remove ring, then top with another tofu circle, fried side up. Top that with a generous spoonful of chutney.

Adapted from Vegan Dad