

Vegan Homemade Tofurky

INGREDIENTS

- 12oz firm tofu
- 2 cups water
- 1/4 cup oil
- 2 tsp soy sauce
- 1 tsp Bragg's Liquid Aminos All Purpose All Natural Seasoning
- 1/4 cup nutritional yeast
- 1 tsp paprika
- 2 tsp onion powder
- 1 tsp garlic powder
- 1/4 tsp turmeric
- 2 tsp poultry seasoning
- 3 1/4 cups wheat gluten
- 1 sheet fresh tofu skin

Stuffing:

- 1 bag Arrowhead Mills Organic Savory Herb Stuffing (*)
- 1 1/2 cups water
- 1 tbsp vegan seasoning
- 1/2 tsp caraway seeds
- 1/2 cup onion, chopped
- 1 cup celery, chopped
- 2 tbsp oil
- 1/4 cup dried cranberries (optional)
- 1/4 cup raisins (optional)

Sauce:

- 2 tsp soy sauce
- 4 tsp vegetarian oyster sauce
- 1 tsp vegan seasoning

1. In a big pot, heat oil. Add onions and stir until fragrant. Add celery, and stir for a few seconds. Then add water and let boil for 5 minutes. Add seasoning, caraway seeds, cranberries, and raisins, and stuffing. Stir well. Turn off heat, set aside.

2. Place all ingredients except the gluten flour in a food processor and blend until very smooth. Add gluten flour and continue to process for 2 more minutes or until it gains consistency of dough. Take out and put into a bowl. Knead for a few minutes to let gluten develop.

3. Divide dough into 4 parts. Take 1 part on a wide cutting board and press or roll dough into a

rectangular shape. Put fresh tofu skin on top, covering the entire surface. Turnover, add stuffing on one end, then roll dough into a log. Wrap in oiled wax paper, and wrap one more time in heavy duty foil. Try to make the roll as thick as possible. Steam for 1 hour.

4. Remove the logs from steamer and roll into sauce. Bake at 375°F for 5-10 minutes.

5. Let cool and slice. Serve.



(*) Arrowhead Mills Organic Savory Herb Stuffing