TOFU TURKEY ROAST

Ingredients: t= teaspoon T=Tablespoon C=cup m=minutes

cheese-cloth
"mould" dish (no more than 3" depth)
TOFU SHELL
2 bricks of extra-firm tofu, crumbled
BASTE
1 C braggs OR soy sauce

STUFFING
about 12 slices of bread
1 T sesame OR olive oil
1 C celery, chopped
1 C onion, chopped
½ C vegetable broth

Method:

• Tear bread into small pieces, spread out on baking sheets and leave out to dry OR place bread on baking sheets in a warm oven (150ºF) for about 15 minutes, mixing every 5 minutes.
• Preheat oven to 400ºF

STUFFING
• Chop onion and celery, and saute in oil over medium heat.
• Combine bread, seasonings and sauted vegetables.
• Add vegetable broth and mix well. Set aside.

TOFU SHELL
• Line mould-dish with cheesecloth.
• Firmly press crumbled tofu on the bottom and around the sides of the mould-dish.
• Take bread-mixture and pack the mould-dish firmly.
• Place a cookie sheet ontop of the mould-dish. Flip cookie sheet and mould-dish at the same time. Remove mould-dish from tofu shell by gently holding down the cheesecloth liner. Discard liner.
• Baste the tofu-shell with soy-oil mixture. Cover with tin foil and bake for 1 hour.
• Remove foil, baste again.
• Continue cooking for another hour, basting every

Notes:

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