TOFU LOAF AND MUSHROOM GRAVY

TOFU LOAF

(adapted from Louise Hagler, *Tofu Cookery*)

Sometimes simple is better. This savory Tofu Loaf is tofu-and-stuffing rolled into one. It's worthy of Thanksgiving and also any weeknight of your choosing, it's just that easy to make. The recipe dates from the vegetarian movement in the late 20th century and is a classic!

1/2 onion, chopped, or 1 tbsp onion powder
1 tub regular tofu (14-16 oz), mashed
About 1/2 to 3/4 cup bread crumbs or very finely cubed bread (can be stale)
1/3 cup fresh parsley, chopped, or 1 tbsp dried parsley
2 tbsp soy sauce
2 tbsp nutritional yeast (optional)*
1 tbsp prepared mustard (prefer Dijon or spicy brown)
1/4 tsp garlic powder
1/4 tsp black pepper
2 tbsp corn starch or flour

You need a loaf pan, either non-stick, lined with parchment paper, or lightly oiled and dusted with flour.

Preheat oven to 350 degrees Fahrenheit.

If using fresh onion, sauté it briefly in some sherry, white wine or broth (don't wash the pan yet). In a large bowl, mash the tofu and add the other ingredients, including the sautéed onion or onion powder. Mix together thoroughly. Press the tofu mixture into the nonstick or oiled loaf pan. Cover with foil and bake about 50 minutes; remove foil after about 30 minutes to achieve browning. Let cool about 10 minutes before slicing. Good served with Mushroom Gravy and with mashed potatoes and other veggies!

*Nutritional yeast is a delicious and nutritious cheesy-tasting food in the form of powder or flakes. Look for Bob's Red Mill, Bragg, and Red Star brands on the shelf.

MUSHROOM GRAVY

4-6 mushrooms
2 cloves garlic
1/4 cup sherry, white wine, or veg broth
2 tbsp cornstarch, flour, or a mix
1 1/2 cups water
1 tbsp soy sauce
1 tbsp white wine vinegar or other light-colored vinegar
1 tsp toasted sesame oil (optional)

Rinse the mushrooms; chop them and the garlic, and sauté them in sherry, white wine or veg broth till the mushrooms have shrunk a little, about 3 minutes. (You can use the pan you used to sauté onions for the Tofu Loaf.)

In a small bowl, whisk the cornstarch or flour with about 1/2 cup water, then add the rest of the water and mix thoroughly. Add to the pan with the mushrooms and bring to a simmer; it will start to thicken. Cook, stirring, for a couple of minutes. Stir in the soy sauce, vinegar, and toasted sesame oil if using. Spoon into a small pitcher or bowl and serve with the Tofu Loaf!

