

Tofu Mushroom Stroganoff



Ingredients:

Yield: 4 servings

2 tablespoons extra-virgin olive oil
1 small yellow onion, finely diced
½ pound mixed mushrooms (oyster, shiitake, cremini or button), stemmed and sliced into ½ inch pieces
1 block of firm tofu, drained and cut into ½ inch pieces
2 sprigs fresh thyme chopped
2 garlic cloves, finely minced
Pinch of flour
1 cup vegetable stock
¼ cup soy sauce
2 teaspoons Dijon mustard
½ cup sour cream or vegan sour cream
Salt and black pepper to taste
¼ cup chopped parsley leaves
Egg noodles or rice for serving

Instructions:

Place a large skillet on medium-high heat.
Add olive oil and onions, season with salt, and cook for 2 to 3 minutes until translucent. Add the mushrooms, thyme and garlic, and stir to combine. Cook for 5 minutes leaving it undisturbed for 2 minutes at a time before stirring, to allow the mushrooms to caramelize.
Dust vegetables with flour and stir to incorporate
Pour in the vegetable broth to deglaze the pan, scraping up any browned bits on the bottom, then cook for about 1 minute. Cook for 5 to 7 minutes until the liquid has reduced and is slightly thickened.
Take the pan off the heat, and stir in the mustard and sour cream. Season with salt and black pepper to taste.
Garnish with parsley

For the tofu:

Drain the tofu
Cut in to ½ inch pieces and toss with soy sauce
Either bake on a sheet pan in a 375-degree oven for 20 minutes or add to the skillet after the mushrooms are browned

How to make a vinaigrette without a recipe



Ingredients to consider

Acid

This is the foundation of your sauce and will impart the most flavor. Vinegar and citrus juice are the most common. Think: *balsamic, sherry, red wine or white wine vinegar or lemon, orange or lime juice*. Think about how much vinaigrette you need then consider the ratio or acid to oil to determine how much vinegar to start with. Most vinaigrettes have a ratio of 1:2 or 1:3 acid to oil depending on how much tangy flavor you prefer. If you want about a cup of vinaigrette, start with ¼ cup of vinegar and build from there.

Emulsifier

This is the ingredient that makes your oil and vinegar or citrus juice come together into a cohesive sauce. *Dijon mustard* is standard but other varieties of *mustard* or *mayonnaise* can also do the trick as will *honey* or finely grated *ginger* or *garlic*.

Extras

The possibilities are endless but your primary goal is to add or balance flavor! *Finely minced herbs, minced or grated garlic, shallot or ginger, ground spices, hot sauce, maple syrup, and citrus zest* are all worth considering

Oil

Use something neutral like *canola* or *safflower* or choose something that adds its own flavor like *olive oil, toasted sesame oil, or walnut oil*.

How to assemble your vinaigrette

Jar method

This is the simplest method and works best for basic recipes without too many ingredients and a modest volume. Combine all the ingredients in a jar and shake the dickens out of it.

Bowl & wisk method

This is the classic method that works well if you have more ingredients to combine. Add the acid, emulsifier and any extra ingredients besides the oil and mix them to combine. Then slowly drizzle in the oil in a very thin stream while you wisk.

Blender method

This method works well if you are making a large volume or if you are using a less stable emulsifier. Combine all the ingredients and blend with a standard blender or immersion blender.

Original recipe by Kip Hardy, MS RDN

Kale Caesar

with Rosemary French Bread Croutons



Crouton Ingredients

2 cups French bread cubes
1 teaspoon garlic powder
1 tablespoon fresh rosemary, minced
2 tablespoons olive oil
Salt & pepper

Salad Ingredients

1 bunch kale
1 batch croutons
1 batch Caesar dressing

Caesar Dressing Ingredients

¼ cup, cashews, soaked overnight
½ olive oil
Zest & juice of ½ lemon
1 tablespoon Dijon mustard
2 teaspoons capers
2 tablespoons nutritional yeast
1 clove garlic
Salt & pepper

Make croutons

Heat pan over medium heat and add olive oil

Add bread to pan and toss to coat in oil

Sprinkle the garlic powder evenly over the bread and toss again to coat

Make sure bread is spread out evenly in the pan and let it toast before tossing again to toast on all sides

Make Dressing

Put all dressing ingredients in blender and blend until smooth

Prep Kale

Remove stems from kale and tear leaves into bite sized pieces and put in mixing bowl

Assemble Salad

Pour dressing over kale leaves and with clean hands, massage dressing into the kale until the kale feels tender and well coated. Serve with croutons.

