

Fresh Fettuccine with Roasted Garlic Herb Butter Sauce

Noodles:

1/2 cup silken firm tofu, packed
2 tablespoons olive oil
2 tablespoons water
1 1/2 cups semolina flour

Sauce:

1 head garlic
1 splash of olive oil
1/2 cup vegan butter
1/2 cup fresh parsley, chopped
1/4 cup fresh basil, chopped
pinch of salt & pepper to taste

Heat the oven to 400 degrees. Coat the head of garlic with olive oil and place it in the oven to roast for about 20-30 minutes or until its soft when squeezed. Set it aside for the sauce.

In a medium mixing bowl combine the tofu, olive oil and water, blend until smooth with an electric mixer or whisk it by hand until it is creamy. Add the semolina flour and stir using a mixing spoon. Transfer the mixture to a lightly floured cutting board and knead the dough for about 10 minutes until it develops a stretchy texture. Let the dough rest about 20 minutes then divide it into four even parts.

Bring a large pot of water to a boil on high heat, add a tablespoon of olive oil and a teaspoon of salt.

Shape each dough ball into a flat square. Using a pasta roller begin with the widest setting and roll the dough through a few times trying to keep the edges even and rectangle in shape and size. Next, adjust the rollers to a tighter setting and continue rolling and adjusting the setting until the pasta is thin enough for fettuccine (about a level 2-3 or the settings).

Remove the hand crank from the rollers and place it into the slot for the fettuccini cutter. Gently run the dough through the cutter catching it as



it comes out the other side. Lay the noodles on a lightly floured surface and return to roll and cut the remaining dough.

Carefully drop the noodles into the boiling water, give them a stir to separate any that might be stuck together and continue boiling them for about 3-4 minutes. While the noodles are boiling place the vegan butter in a large mixing bowl and set the bowl on top of the pasta pot to melt the butter. Stir the butter around for about 1 minute then remove it from the heat and add the roasted garlic by squeezing it out of the skins, stir and set it aside.

The noodles cook quickly and will begin to float when they are done, pull one out and test it. Once the pasta is *al dente* or firm to the bite use a pasta fork to remove them from the boiling water or carefully pour the contents of the pot through a strainer or colander.

Transfer the noodles to the large bowl with the melted butter and garlic. Sprinkle on the chopped parsley and vegan parmesan cheese and serve.

Homemade Vegan Parmesan Cheese

1 cup nutritional yeast
1 cup walnuts
1 teaspoon garlic powder
1 teaspoon onion powder
pinch of salt

Place all ingredients into the jar of a blender, blend until the mixture resembles small crumbs. Sprinkle on pasta, veggies or popcorn. Store refrigerated for up to four weeks in a sealed container.

