

## Tofu Benedict with Hollandaise and Shiitake Bacon

*This richly satisfying plant-based version of a traditional favorite recipe proves you can have it all again without the saturated fat and cholesterol.*

SERVES 6

### DIRECTIONS:

#### *Shiitake Bacon:*

4 ounces shiitake mushrooms, sliced  
2 tablespoons olive oil  
2 teaspoons maple syrup  
pinch of sea salt & fresh ground black pepper

#### *Hollandaise:*

1 1/2 cups raw cashew pieces, soaked 4-6 hours then drained  
3/4 cup filtered water  
2 teaspoons Dijon mustard  
Zest and juice of 1 lemon  
1 teaspoon garlic powder  
1/2 teaspoon turmeric  
pinch of cayenne  
pinch of sea salt

#### *Tofu Cutlet:*

1 16 oz. block of organic extra firm tofu sliced into 1/2 inch thick rounds  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/2 teaspoon celery salt  
1/2 teaspoon fresh ground black pepper  
1 tablespoon olive oil

#### *Additional Accompaniments:*

6 Orowheat Extra Crisp or Double Fiber English muffins  
2 tomatoes, sliced  
1 1/2 cups kale or spinach, steamed (optional)  
1 avocado, sliced

Preheat the oven to 375 degrees. Line a baking sheet with parchment and set aside. Toss the sliced shiitake mushrooms with the olive oil and maple syrup, sprinkle with sea salt and black



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pepper then spread evenly over the prepared baking sheet. Bake for 10-12 minutes, stir and continue baking an additional 10-12 minutes or until crispy and brown. Set aside and let cool.

Combine all ingredients listed for the Hollandaise sauce in a blender jar. Blend on high speed until smooth adding a few tablespoons of filtered water at a time until the desired consistency is reached. Set aside.

Use a biscuit cutter or glass to cut the tofu into rounds. Brush each piece of tofu lightly on both sides with the tablespoon of olive oil. Combine the seasonings in a small bowl then coat piece on both sides with seasonings. Prepare a lightly oiled hot grill or frying pan, cook each cutlet 3-4 minutes on each side until lightly golden brown.

Toast the English muffin halves, top each piece with a spoonful of the hollandaise sauce, add the optional steamed kale or spinach then a slice of tomato, add an additional spoonful of the sauce and a sprinkling of shiitake bacon, then top with the grilled tofu. Add a generous spoonful of the Hollandaise sauce over the top and garnish with sliced avocado and freshly ground black pepper. Serve with a side of additional shiitake bacon and fresh fruit.

Tip: Use leftover tofu to make tofu egg salad, just crumble and stir in Vegenaise mayo with chopped celery, onion, and your favorite seasonings. A little turmeric is used to make it look like traditional egg salad. Tofu egg salad is so much like the traditional recipe that some people can't tell the difference! You can find this recipe and more at [www.newoptionsfoodgroup.com](http://www.newoptionsfoodgroup.com)

## Pavlova

- ¾ cup aquafaba (liquid from canned garbanzo beans, well chilled)
- 1 teaspoon cream of tartar
- ¾ cup organic powdered sugar
- ½ teaspoon vanilla or extract
- 1 9 oz. container non-dairy frozen whipped cream
- 1 pint raspberries
- 1 pint blueberries
- 1 pint strawberries

Chill a can of garbanzo beans for 6-8 hours or overnight and place a medium mixing bowl in the freezer for 20-30 minutes before using.

Preheat the oven to 225 degrees.



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Drain the garbanzo liquid into the chilled mixing bowl. Use an electric mixer and begin beating the aquafaba, sprinkle in the cream of tartar and increase the speed to high until stiff peaks form. Gradually add the sugar and sprinkle in the vanilla extract. Beat an additional two minutes then transfer the mixture onto a parchment lined baking sheet spreading it evenly.

Transfer the baking sheet to the preheated oven and bake for 50 minutes or until it is firm and peels off the parchment around the edges. Transfer the baked pavlova to a cooling rack and allow it to cool completely.

Defrost the frozen whipped cream at room temperature while the meringue cools.

Place the meringue on a serving platter, spread the whipped cream evenly over the surface then distribute the fruit evenly over the top. Use a knife to cut into servings. Garnish with a sprig of fresh mint.

