



**meat-free**

**Monday**

**Faux-Fish Recipes**

## Faux-Fish Sticks

These fabulous faux-fish sticks were taken from the *Vegan Lunch Box* cookbook by Jennifer McCann.

450 g firm tofu, drained  
Olive oil  
100 g fine white flour  
50 g sliced almonds  
2 tsp sweet paprika  
2 tsp kelp granules  
2 tsp salt  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1/4 tsp dill weed  
Freshly ground black pepper, to taste  
160 ml plain, unsweetened soya milk  
1 lemon

- With a sharp knife, cut the tofu into even slices just under 1/2 inch wide, or use a fish-shaped cookie cutter. Set aside.
- Preheat the oven to 200°C. Line a baking sheet with parchment paper and coat the parchment with olive oil. Set aside.
- Combine the flour, sliced almonds, paprika, kelp, salt, onion powder, garlic powder, dill weed and pepper in a blender, and blend on high until most of the almonds have been ground into a coarse meal, with a few larger pieces of almond remaining.
- Pour the mixture into a wide baking dish or pie plate.
- Pour the soya milk into a bowl and set next to the meal mixture.
- Dip one piece of tofu at a time into the soya milk, then toss gently in the meal mixture to coat evenly. Place on the prepared baking sheet. When all the tofu fish are on the baking sheet, sprinkle with olive oil.
- Bake for 15 minutes, then turn the tofu fish over and bake for an additional 15 minutes or until crispy.
- Arrange the tofu fish on a plate and squeeze fresh lemon juice evenly over them.

*Makes 4 servings*

Tip: Kelp granules can be found in shaker containers at health-food shops. Sprinkle them on any food for a low-sodium salt alternative; they're a good source of iodine!

### Red-Envelope Mock Fish

This dish is named after the red envelopes of money given to children during Chinese New Year celebrations.

*For the Filling:*

- 1 large potato (about 225 g), peeled, boiled and mashed
- 35 g chopped water chestnuts
- 1 Tbsp cornstarch
- 1/4 tsp salt
- 2 tsp soya sauce
- 1 tsp sesame oil
- 1 large (10-inch-by-12-inch) frozen bean curd sheet, thawed
- 2 tsp cornstarch dissolved in 1 Tbsp water

*For the Sauce:*

- 50 g slivered Chinese sweet pickles or sweet gherkins
- 55 g unrefined sugar
- 3 Tbsp red wine vinegar
- 2 Tbsp ketchup
- 1 1/2 Tbsp soya sauce
- 3/4 tsp hot pepper sauce
- 1–3 Tbsp vegetable or sunflower oil
- Cilantro for garnish

- For the filling, combine the potato, water chestnuts, cornstarch, salt, soya sauce and sesame oil in a medium bowl.
- Unfold the bean curd sheet and place it on a flat work surface with the narrow edge towards you. Spread the potato filling evenly across the middle of the bean curd sheet.
- Fold the bottom half up over the filling, then fold in the sides.
- Brush the top and side edges with the cornstarch mixture (reserving the remaining mixture) and gently roll up the bean curd sheet to form a loose cylinder. Set aside.
- For the sauce, combine the pickles, sugar, vinegar, ketchup, soya sauce and hot pepper sauce in a small saucepan. Bring to a boil over medium heat.
- Add the reserved cornstarch mixture and cook for about 2 minutes, stirring, until the sauce boils and thickens.
- Heat the oil in a wok or a large skillet over high heat. Carefully place the filled bean curd sheet into the wok, seam side down. Cook for about 2 minutes per side, turning once, until golden brown on both sides.
- Transfer to a large platter.
- Cut the bean curd sheet in half lengthwise and then crosswise into 12 pieces.
- Pour the sauce over the pieces and garnish with cilantro.

*Makes 4 servings*

Tip: If you can't find a frozen bean curd sheet, substitute eggless egg roll sheets (available in most Japanese and Chinese markets).

## Sushi

This recipe is loaded with goodies, but you might want to add daikon radish, asparagus, spring onions, mushrooms, sesame seeds or avocado.

1.5 litres water  
675 g short-grain brown rice  
1 small cucumber  
1 small courgette  
1/2 green pepper  
1/2 red pepper  
2 small carrots  
225 g fresh spinach  
160 ml rice wine vinegar  
15 g brown sugar  
1 pkg pre-toasted nori sheets (or toast your own by briefly passing the sheets over a hot flame)  
Wasabi paste, to taste (can be hot, so be careful!)

- Bring the water to a boil. Add the rice, lower the heat and simmer for 40 minutes, stirring occasionally.
- Seed and julienne the cucumber and julienne the courgette, peppers and carrots. Steam these vegetables and the spinach over boiling water for 5 to 7 minutes. Let cool to room temperature.
- Mix together the vinegar and brown sugar and stir until the sugar is dissolved. When the rice is cooked, stir in the vinegar–brown sugar mixture and let cool to room temperature.
- When the vegetables and rice are cool enough to handle, lay out the first nori sheet. Place a handful of rice in the centre of the sheet. Moisten your hands with water, and gently but firmly spread out a thin layer of rice, in a line, to the edges of the sheet. Spread a bit of wasabi paste on top of the rice, approximately 4 cm from one edge of the nori sheet. Lay vegetable strips parallel to the wasabi, in a width of approximately 2.5 cm, along the wasabi line.
- Carefully wrap the closest edge over the vegetables, then roll the nori delicately but tightly. Seal by moistening the edge of the nori. Once the nori sheet is completely rolled, slice the roll into 6 pieces and arrange on a platter. Repeat with the remaining nori sheets.

*Makes 36 pieces*

### Tips:

- If your nori rolls won't stay rolled, try sealing the seam with maple syrup or brown rice syrup.
- Use an inexpensive bamboo sushi mat to roll up the nori sheets in order to prevent them from tearing.

## Fancy Fillets

Serve these tasty cutlets with a dollop of tofu tartar sauce or hot sauce, or use them to make extraordinary sandwiches.

450 g firm tofu  
Egg-replacer equivalent of 1 egg (available in most supermarkets and health food shops)  
2 Tbsp soya sauce  
55 g wheat germ  
40 g polenta or maize flour  
1/4 tsp paprika  
1/4 tsp dried basil  
Dash dried thyme  
Oil for frying  
Tofu tartar sauce (see recipe below)

- Cut the tofu into 1/4-inch slices. Wrap the slices in thick paper towels and pat to remove excess moisture.
- Beat the egg replacer and soya sauce together in a small bowl. Combine the wheat germ, polenta or maize flour, paprika, basil and thyme on a plate.
- Heat the oil in a large skillet. Dip each slice of tofu into the egg-replacer mixture, then coat both sides in the wheat germ mixture. Fry until golden brown on both sides. Serve with tofu tartar sauce.

*Makes 4 servings*

## Tasty Tartar Sauce

This tangy sauce enhances any faux-fish dish.

225 g soft or medium-firm tofu  
75 ml safflower oil (or sunflower oil)  
Juice of 1/2 lemon (1–1 1/2 Tbsp)  
1/2 tsp salt  
2 tsp mustard  
50 g sweet pickle relish

- Blend together the tofu, oil, lemon juice, salt and mustard in a food processor until smooth. Stir in the pickle relish and serve.

*Makes 225–325 g*

### Veggie Tuna

Use as a substitute for canned tuna for a great kids' lunch!

2.3 kg carrots  
2 celery stalks, chopped  
1 small red onion, diced  
Finely chopped green or red pepper (optional)  
Tomato, chopped (optional)  
115 g eggless mayonnaise (available in many supermarkets and health food shops)  
2 Tbsp soya sauce  
1 Tbsp salt  
2 tsp kelp powder

- Juice the carrots in an electric juicer. Save the pulp for the Veggie Tuna and enjoy the juice as an energizing beverage.
- Combine the celery and onion. Add chopped pepper and tomato if desired. Stir in the carrot pulp. Mix in the mayonnaise, soya sauce, salt and kelp powder.

*Makes 4 servings*

Tip: If you can't find eggless mayo, you can make it at home in minutes. Combine 225 g soft or medium-firm tofu, 75 ml safflower oil (or sunflower oil), 1 to 1 1/2 Tbsp lemon juice and 1/2 tsp salt in a food processor and blend until smooth.

## Tofu Chowder

1 medium onion  
2 carrots  
3 celery stalks  
2 Tbsp oil  
500 ml water  
500 ml soya milk  
225 g tofu, crumbled  
2 tsp salt  
1/2 tsp pepper  
1/2 tsp celery seed  
2 large potatoes (about 500 g), peeled and cubed

- Chop the onion, carrots and celery. Heat the oil in a large cooking pot. Add the onion, carrots and celery and sauté for 15 minutes.
- Add the water and soya milk and stir. Add the tofu, salt, pepper and celery seed and bring to a boil. Add the potatoes and let the chowder simmer until the potatoes are soft.

*Makes 8 servings*

### Tips:

- “Oyster” crackers are terrific with this nontraditional, clam-free chowder.
- Use sea salt instead of regular salt to really bring out the “chowder” flavour.