



Recipes

Tofu, Vegetarian Pâté & Vegetarian Sausage



Foolproof Tofu

1 lb. Twin Oaks Tofu, plain or herbed, cut into 1-inch cubes
 1 bottle of tamari or soy sauce
 Olive oil

Place tofu cubes into a bowl and cover completely with tamari or soy sauce. Marinate for 5 – 10 minutes; longer will result in a saltier flavor. Lightly coat the bottom of a pan with olive oil and heat on medium-high. Drain the marinade out of the bowl and place the tofu cubes in the heated pan. Sauté until the tofu cubes have been lightly browned. The finished product can be put on top of a salad, in a wrap or added to a stir-fry very easily.



Spicy Thai Tofu Stir-fry

1 lb. Twin Oaks Tofu, plain or herbed,
 cut into 1-inch cubes

1/3 cup olive oil

2 large red bell peppers, seeded, thinly sliced

3 tablespoons minced peeled fresh ginger

3 large garlic cloves, finely chopped

3 green onions, thinly sliced on diagonal

3 tablespoons soy sauce

2 tablespoons fresh lime juice

1/2 to 3/4 teaspoon dried crushed red pepper

1 6 oz. bag baby spinach leaves

1/3 cup chopped fresh basil

1/3 cup lightly salted roasted peanuts

Heat oil in wok over high heat. Add bell peppers, ginger, and garlic; sauté until peppers just begin to soften, about 2 minutes. Add tofu and green onions; toss 2 minutes. Add next 3 ingredients. Toss to blend, about 1 minute. Add spinach in 3 additions, tossing until beginning to wilt, about 1 minute for each addition. Mix in basil. Season with salt and pepper. Sprinkle peanuts over.

Tofu Fudge Mint Bars

1 pound Twin Oaks Plain Tofu

1/4 cup Safflower Oil

1 pinch salt

1 1/5 cups sugar

1 cup cocoa powder

1 teaspoon vanilla extract

1/4 teaspoon peppermint extract

1/2 cup water or soymilk

1 cup whole wheat flour

Preheat oven to 325 degrees F. Using a food processor first crumble tofu. Add oil, salt, sugar, cocoa and vanilla. Add peppermint extract to water and slowly blend water into mixture until creamy and the consistency of batter. Whisk in flour and pour into a greased 9x13 inch pan. Bake 20-30 minutes till bars pull away from side of pan. Let cool completely before cutting and removing from pan.

Mock Chicken Salad

1 lb. Twin Oaks Plain Tofu or Tempeh, diced
1/2 cup diced onion
1 cup mayonnaise, add more if dry
1 cup celery, chopped
1 tablespoon sage
salt and pepper to taste

marinade

2 cups Sesame Oil
1-2 cups oil, until all Tofu is covered

Marinate the diced tofu for at least 2 hours. Drain marinade and bake on a greased baking sheet at 350 for 15-20 minutes; remove from oven before tofu becomes brown and crisp. Once tofu is cooled mix the remaining ingredients together with the tofu. Serve chilled with a salad or as a sandwich.

Greek Salad with Tofu "Feta"

1 cup cooked garbanzo beans
1/2 cup kalamata or other olives, chopped
1/2 cup fresh basil, chopped
1/2 med. red onion, peeled and sliced
2 large tomatoes, diced (or sun-dried)
1 small cucumber, sliced

marinade/dressing:

1 pound Twin Oaks Plain Tofu
1/3 cup olive oil
2 tablespoons red wine vinegar (or balsamic)
2 garlic cloves, minced
1 teaspoon Dijon mustard
1 tablespoons dried oregano (try fresh, also)
1/2 teaspoon salt
1/4 teaspoon pepper

Blend all marinade ingredients. In a large bowl, crumble tofu by hand, cover with marinade and mix well. Let marinate for at least 1 hour, then mix all other ingredients into tofu and marinade mixture. Let this marinate for another hour before serving. Best served over a bed of lettuce.

Vegetarian Sausage Breakfast Estrada

1 16 oz. Package of Twin Oaks Vegetarian Sausage, Breakfast or Chorizo flavor
3/4 lb. cheese, grated
6 eggs
8 slices white bread, cubed
1 teaspoon dry mustard
1 teaspoon salt
1/2 cup milk

Cube bread in small pieces. Layer bread and cheese in pan. Brown vegetarian sausage and drain and layer in pan with bread and cheese. Beat milk, eggs, salt and mustard together and pour over top of layers. Cover and refrigerate overnight. Bake in cold oven at 350 degrees for 40 minutes.

Quick and Easy Mushroom Pâté Dip

1 16 oz. Package of Twin Oaks Mushroom Pâté
2 cloves Garlic
1/4 - 1/2 cup oil till smooth
1/2 cup warm water

Blend all ingredients well in food processor until smooth and spreadable. Spread on a sandwich or serve with crackers or veggies for dipping.