

This recipe was taken from the Veggie Christmas Kitchen recipe collection available online at www.vegsoc.org/Christmas

Smoked Bean Curd Bakes with Shiitake and Walnut Stuffing Serves 6

Vegan

Preparation time 15 mins
Cooking time 30 mins

Medallion ingredients

2 tbsp	vegetable oil
2	onions, peeled and finely chopped
4	cloves garlic, crushed
2	sticks celery, finely chopped
1 tsp	dried basil
1 tsp	dried thyme
1 ½ tsp	turmeric
1 tbsp	tamari (Japanese soy sauce)
3 packets	smoked tofu (or plain if preferred), drained and mashed
200g	cashew nuts, finely ground
2 tbsp	water
to taste	salt and pepper

Stuffing ingredients

2 tbsp	vegetable oil
2	shallots, peeled and finely chopped
300g	shiitake mushrooms
1 tsp	dried oregano
1 tsp	yeast extract dissolved in a little hot water
40g	walnuts very finely chopped
2 tbsp	fresh wholewheat breadcrumbs
to taste	freshly ground black pepper

To make the bakes

- 1 Preheat oven to 200C/400F/Gas 6.
- 2 Grease 12 ramekins.
- 3 Heat the oil in frying pan and sauté onion, garlic and celery, until soft.
- 4 Add basil, thyme, tumeric and tamari and stir well.
- 5 Place this mixture in a food processor together with the tofu and ground cashew nuts and 2 tbsp water and process until all the ingredients are thoroughly mixed.
- 6 Season to taste.



- 7 Divide evenly between the 12 ramekins and press down well.
- 8 Bake for 15 minutes or until firm to the touch and filling comes away from sides of ramekin easily.
- 9 Turn out onto 6 individual serving plates.

To make the stuffing

- 1 Heat 2 tbsp vegetable oil in a large frying pan and sauté the shallots until soft.
- 2 Remove the tough stalks from the shiitakes and discard. Finely chop the shiitakes.
- 3 Add the shiitakes, yeast extract and oregano to the shallots.
- 4 Cook gently for 5 – 10 minutes allowing much of the moisture to evaporate.
- 5 Add the walnuts and breadcrumbs, stir and season with black pepper to taste.

To serve:

Sandwich a layer of stuffing between 2 medallions, garnish and serve immediately with Rich Mulled Wine Reduction (below) or gravy.

Rich Mulled Wine Reduction

Serves 6

(Can be) Vegan*

Ingredients

150g Demerara sugar
600ml vegetarian *or vegan red wine
2-3 cloves
3 2.5cm strips orange peel
2-3 cinnamon sticks

Method

- 1 Place all the ingredients in a pan, gently bring to the boil and simmer.
- 2 After 5 minutes remove the cinnamon sticks.
- 3 Simmer to reduce the liquid for 40-45 minutes.
- 4 When desired consistency is achieved, remove cloves and peel. Whilst still piping hot, spoon a small amount over the Smoked Bean Curd Medallions and serve immediately.

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