

## **Tofu-Tempeh “Turkey” Breasts**

(Double the recipe for 4 ample servings.)

- 1 8-oz. pckg. plain tempeh**
- 1 tsp. toasted sesame oil**
- 1 cup diced yellow onion**
- 2 tsp. canola oil**
- 3/4 tsp. dried sage**
- 3/4 tsp. dried thyme**
- 3/4 tsp. dried marjoram**
- 1/2 tsp. black pepper**
- 3/4 cup water**
- 1 Tbsp. mellow white miso**
- 1-1/2 tsp. Dijon mustard**
- 2 cups firm tofu**
- 1-1/2 tsp. salt**
- 2-3 rounded Tbsp. flour or as needed to help hold patties together**

In a nonstick skillet over moderate heat, brown both sides of the tempeh slab. Let tempeh cool and cut it into small cubes. Then, using your hands, crumble it to the consistency of bread crumbs. Saute onions in canola oil for 5 minutes or until translucent. Add dried herbs, pepper, crumbled tempeh and water, and cook uncovered over medium heat for 5 minutes or until water has evaporated. Add miso and mustard and mix well. In a large mixing bowl, crumble tofu and add the cooked tempeh mixture and salt to it. Using a wooden spoon blend thoroughly.

Shape 1/2 cup portions into patties 2” wide and 4-5” long. Brush each with olive oil and place on an oiled cookie sheet or a cookie sheet covered with baking parchment paper. Bake at 350° for 40-60 minutes or until golden. Serve with cranberry sauce and Sage Gravy. Makes about 5-6 patties.

Adapted from *Delicious!* by Kay Bushnell

### **Sage Gravy**

- 4 Tbsp. unbleached white flour**
- 1/2 cup yellow onion, 1/4” dice**
- 1/2 cup celery, 1/4” dice**
- 1 tsp. garlic, minced**
  
- 2 cups vegetable broth**
- 1 tsp. dried sage**
- 3-1/2+ tsp. soy sauce or tamari**

In a baking pan toast flour until fragrant in a 350° oven (about 10 minutes). In a small saucepan braise onion, celery, and garlic in a little water, until onion is translucent. Place braised vegetables, broth, and toasted flour in a blender, and whiz until mixture is smooth. Stop blender, push down any flour that sticks to sides of blender, and blend again. Return blended mixture to saucepan, add sage and soy sauce or tamari to taste, and bring to a boil. Simmer until slightly thickened. Adjust seasonings to taste.