

Seasoned Pan Fried Tofu in a Creamy Portobello Rosemary Sauce

Tofu

2 cups cereal, similar to corn flakes. I used Arrowhead Mills GF sweetened rice flakes
2 tsp poultry seasoning
1/4 tsp garlic powder
dash salt
dash pepper
1lb (roughly) extra firm tofu, drained and pressed
1/4 cup Vegemise
2 Tbsp Canola oil, or other high heat cooking oil

In a blender, blend first 5 ingredients to form a 'meal'. Pour into a shallow dish. Cut tofu into desired shapes. I chose to cut mine into 2 large rectangles. Likewise, you could cut into slabs. Spread vegemise on each exposed side of tofu. Turn tofu into crumb mixture and coat the bare side with vegemise. Use your fingers to place the 'crust' onto the tofu, making sure its good and covered.

Heat 1 Tbsp Oil in skillet over med-high heat. Make sure the pan is good and hot, then swirl the oil around in the pan. It should run like water. Place tofu in pan and cook over med-high heat to brown. Turn after about 5 minutes to brown another side. If the pan dries out, pour just a little more oil into the pan. Keep turning tofu until it's brown on all sides. (About 5 minutes per side). Use tongs to stand tofu up to brown ends as well (see pic above).

Creamy Portobello Rosemary Sauce

8 oz baby portobello mushrooms
2 rosemary sprigs
1 Tbsp high heat cooking oil or vegan butter
2 cloves garlic, minced
1 shallot, chopped fine
2 1/2 Tbsp unbleached flour or tapioca flour (others may work as well, but Im not a flour pro yet!)
1 cup 'chicken' broth
1 cup non-dairy milk or creamer

Pulse mushrooms in a food processor a few times until they are chopped as resemble the image above. Set aside.

Run your fingers down the sides of the rosemary sprigs to remove the leaves. Coarsely chop. Set aside.

In a skillet, heat oil or butter over medium heat until the oil/butter is thin and easily moves across the pan when tilted. Throw in your garlic, shallots and the chopped mushrooms. Cook over medium heat for about 5 minutes until mushrooms have softened and all is fragrant. Be careful not to burn the garlic. Whisk in flour and rosemary. Heat for about one minute longer, whisking constantly. Pour in broth, still whisking constantly. When it has thickened, slowly pour in the non-dairy milk. Continue whisking constantly until sauce has thickened. Remove from heat and serve.

Depending on stove temps, broths and 'milks' used, you may need to add more flour. If so, just sprinkle a very small amount at a time (1/2 tsp) and whisk. If sauce is too thick, add slowly and in small amounts (1 Tbsp), more 'milk'.

