Holiday Roast

Serves about 16

This is a wonderful replacement for a holiday turkey.
I've made this for every Thanksgiving celebration for the last 15 years (as of 2017), and never tire of it. Although there are several steps, it's really no more complicated than it used to be to prepare a turkey. And I'm so grateful that no one had to suffer for me to enjoy this delicious roast!
When you add mashed potatoes and gravy, cranberry relish, yams, salads, and pumpkin pie, you get to enjoy all the traditional flavors without the saturated fat, cholesterol, or suffering. Enjoy!
This makes a lot, so if you are cooking for a small group, you can make a mini version by cutting the recipe in half. But you can also freeze leftovers to enjoy later!
I suggest reading through the recipe before you make it so you are familiar with all of the ingredients and steps involved.

Roast:
4 tubs firm, organic, regular tofu (not silken tofu)
3 Tbsp Chickless Seasoning Mix (page 33)
3 tsp each: sage, thyme
1 ½ tsp black pepper

Stuffing:
4 cups whole wheat bread cubes
1 large onion, chopped
3–4 cloves minced garlic
1 ½ cups chopped celery
1 cup chopped mushrooms
½ cup raisins

½ cup chopped nuts (I use walnuts)
1 Tbsp sage
1–2 tsp thyme
1 tsp rosemary
1 tsp celery seed

Basting mixture:
2 Tbsp Tahini
¼ cup low-sodium soy sauce
2 Tbsp miso (optional)
2 Tbsp orange juice
1 tsp mustard of choice

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(Recipe continued from previous page)

<u>The night before cooking the roast</u>

<u>Prepare the tofu:</u>
1. Mash the 4 pounds of tofu with a potato masher, being sure to break up all chunks. Then use your hands to be sure every lump is broken up.
2. Mix in seasonings. Taste the tofu and add more seasoning as desired.
3. Line a large colander with cheesecloth.
4. Put tofu mixture into colander, and bring ends of cheesecloth over top of tofu.
5. Cover with a plate that fits inside the colander.
6. Place a 5 pound weight on top of plate and let it sit in the refrigerator 5–6 hours or overnight.
7. A lot of liquid will be pressed out of tofu, so you will want to put the colander into a large bowl or dishpan to catch liquid.

<u>Prepare the stuffing:</u> <u>(You can make this the night before or the next day.)</u>
1. Water-sauté onion, garlic, celery, and mushrooms.
2. Place bread cubes, raisins, and nuts in a large bowl.
3. Add sautéed veggies to the bowl.
4. Add herbs to taste.
5. If it needs more salt, you can add soy sauce, Bragg Liquid Aminos, or Chickless Seasoning Mix.
6. If mixture is too dry, add small amount of water.
7. Taste and adjust seasonings to suit you.

<u>The next day:</u>
1. With the pressed tofu still in the colander, scoop out the center of the tofu, leaving a bowl of tofu about an inch thick. Put some of the removed tofu around the edges of the bowl to make the tofu bowl deeper.
2. Fill the cavity with stuffing. Do not overfill, as it will expand while cooking.
3. Preheat oven to 350°F.
4. Put the tofu mixture that you scooped out over the stuffing and press down firmly.

5. Flip the formed, filled loaf onto a parchment-covered cookie sheet and brush the top with the basting mixture.
6. Form a tent-shaped cover with foil, and cover the roast. Don't let the foil touch the roast.
7. Bake for about an hour.
8. After an hour, remove foil and baste again.
9. Bake uncovered for about 45 minutes, basting 3 or 4 more times.
10. Watch carefully to be sure it doesn't burn. You just want it to have a nice brown skin on it.
11. When golden brown, remove from oven and slide carefully onto serving platter.
12. The pressed tofu has a dense, almost poultry-like texture, and the basting sauce gives it a wonderful flavor.
13. Serve hot with Creamy Mushroom Soup (page 187) as gravy and all the trimmings of a holiday meal!

"Some people think the plant-based, whole-foods diet is extreme. Half a million people a year will have their chests opened up and a vein taken from their leg and sewn onto their coronary artery. Some people would call that extreme."

Dr. Caldwell Esselstyn