

Tofu Pie

The following is a fish pie recipe adapted to use tofu.

Serves 4

Spray oil plus 1 teaspoon
1 14 ounce (400 g) block firm tofu
2 tablespoons chopped chive
½ teaspoon thyme
2 cloves garlic, minced
1 tablespoon Dijon mustard
Light soy sauce to taste
2 leeks washed thoroughly and chopped
1 carrot, diced
1 small head cauliflower, cut into bite sized pieces
2/3 cup evaporated or plant-based milk plus extra for sweet potato mash
1 ½ teaspoons corn flour
1 tablespoon butter (herbed is even nicer)
2 sweet potatoes

Cut up sweet potatoes into inch pieces and boil until tender, drain and set aside.

Cut tofu into bite sized pieces and season with garlic, thyme leaves, Dijon mustard and soy sauce. Add corn flour to 2/3 cup milk and set aside. Spray braising pan with oil and add a teaspoon more, add ½ tablespoon butter and heat on medium. Add chives followed by carrots and cauliflower and cook for 4 minutes. Add leeks and cook for a further 3 minutes. Add tofu, gently stirring. Stir corn flour milk mixture and add to pan, stir until white sauce thickens.

Mash sweet potatoes with 1/2 tbsp butter and add enough milk to make it creamy.

Add tofu filling to baking pan or 4 individual ramekins, topping with mashed sweet potatoes, sealing edges. Bake at 350 °F(180 °C) for 30 – 35 minutes until golden on top.

