



April 20, 2024

TURQUOISE BELT IN TOFU

SEAFOOD ALTERNATIVE RECIPES

EARTHFEST SAN DIEGO

INFINITE POSSIBILITIES
WHITE FLAKY FISHLESS FILLET



MOCK LOBSTER
THE LOBSTER-FREE ROLL



INFINITE POSSIBILITIES BASIC WHITE FLAKY FISHLESS FILLET

INGREDIENTS

FISHLESS FILLET:

16 ounces of tofu (medium - firm)
2 tablespoons nutritional yeast
½ teaspoon onion powder
½ teaspoon garlic powder

MARINADE:

Juice of two lemons
2 tablespoons olive oil (divided)
3 tablespoons fresh basil or dill, chopped
2 tablespoons fresh parsley, chopped
3 cloves garlic, minced
1 teaspoon caper brine
1 teaspoon capers
Freshly ground salt and pepper to taste
1 tablespoon vegan butter

GARNISH & ACCOMPANIMENTS:

Sliced green scallions
Additional fresh herbs
Lemon wedges
Melted vegan butter
Tatar Sauce (page XX)

DIRECTIONS:

Refer to the Tofu Butchery Fresh Cuts Flaky Fishless Fillet technique on [page XX](#).

Slice the tofu into thin horizontal slabs.

In a small bowl combine the nutritional yeast, garlic powder, and onion powder. Sprinkle a small amount of the mixture over each layer and stack them back together again.

Cut the stack into two equal rectangular pieces to create two fillets. Fringe cut the sides of each fillet cutting through all the layers at an angle while being careful to leave a small portion uncut through the center to hold it all together. Place the fringe cut stacks into a tofu press and press them chilled for 6-8 hours or overnight.

Drain the excess liquid from the tofu press, then remove the fillets and place them in a shallow non-metallic dish.

In a small bowl combine the lemon juice, one tablespoon of olive oil, fresh herbs, minced garlic, caper brine, and capers. Pour it over the fillets and let them marinate while heating a large skillet or flat grill.

Place the vegan butter and the second tablespoon of olive oil on the hot surface, when it melts and sizzles add the fishless fillets and grill them for 4-5 minutes on each side. Spoon the marinade over the fillets as they brown. Season with salt and pepper to taste and serve with an additional garnish of fresh herbs, green onions, and a side of lemon wedges, and optional melted vegan butter, or tartar sauce. *Makes two fillets.*

EXPLORE THE ENDLESS FISHLESS FILLET POSSIBILITIES

After successfully mastering the tofu-based fishless fillet, you gain the ability to replicate nearly any classic fish dish. A quick online search reveals that many grilled fish recipes are very simple and commonly use a combination of citrus, herbs, seasonings, and a little oil and butter. By substituting tofu for the fish and opting for vegan butter, you achieve a dish rich in protein, bursting with flavor and satisfaction – all without the need for actual fish.

Breaded fish recipes typically involve a three-step process prior to frying or baking. Fillets are first dredged in flour, then dipped in an egg wash, and finally coated in seasoned breadcrumbs. To create a vegan version of breaded fish, replace each egg with ¼ cup of silken or soft tofu, blended with ¼ cup plus 2 tablespoons of unsweetened non-dairy milk. Dredge the fishless fillet in flour, dip it in the “egg-less wash,” then coat it in seasoned breadcrumbs. Bake or fry the fishless fillets at 375° Fahrenheit. Veganize any traditional fish recipe, and you’ll find the possibilities are truly limitless!





FRESH CUTS: TOFU BUTCHERY CONT...



A good tofu press is essential in creating a well-pressed fillet. It's the new swordfish without the fish!



INFINITE POSSIBILITIES



17 / WHITE FLAKY FISHLESS FILLET

Slice a full block of tofu into 7-8 slabs. Combine two tablespoons of nutritional yeast, with garlic powder and onion powder. Stir to combine. Sprinkle a small amount of the yeast mixture over each layer to “glue them back together.” Stack the layers back into a block then slice down the center lengthwise to create two fillets. Fringe cut the sides of each fillet leaving a center portion uncut as a spine to hold it together. Transfer the stacked and fringe-cut flaky fillets into a tofu press and press them for 3-4 hours.

Drain the pressed liquid from the tofu and transfer the fillets to a plate for seasoning, and grilling, or frying. Veganize any white fish recipe at a fraction of the cost, it's an environmentally-friendly choice, cholesterol-free, and a true gourmet vegan seafood experience.

See a video demo of this recipe and a Vegan Poke Bowl Party menu on YouTube @ Climate Healers V-COP15 Vegan Convergence of the People, Sea of Change



18. RED FLAKY FISHLESS FILLET

To make a red fish, marinate or baste a white fishless fillet with beet juice. Create an optional red vein down the center by slicing out a thin wedge. Lay a single strip of red beet in the groove then season and grill it.

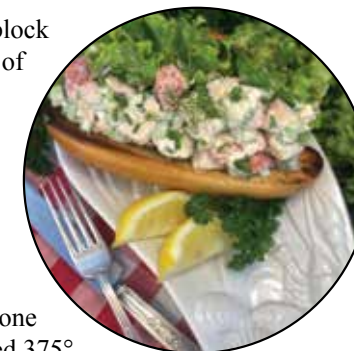
Left: Blackened Mahi Mahi Style Fishless Fillet with Mango Salsa and Coconut Jasmine Rice page XX. Right below, the Lobster-Free Roll page XX

19. MOCK LOBSTER

Use an ice cream scoop or melon baller to cut curved pieces of mock lobster meat from a block of extra-firm tofu. Marinate the pieces in the juice of two lemons with a tablespoon or two of avocado oil, garlic powder, and onion powder. Marinate 2-3 hours, chilled.

Peel and cube a fresh red beet. Place the cubes in a saucepan with ¾ cup of water, and simmer until tender. Reserve the remaining beet juice.

Use a fine mesh colander to drain the marinade from the tofu into a shallow baking dish. Add 2-3 tablespoons of the beet juice, and swirl it in the bottom of the pan. Use tongs to gently place the marinated tofu pieces into the baking dish in a single layer, allowing only one side of each piece to make contact with the beet juice. Roast the mock lobster in a preheated 375° Fahrenheit oven for 20-25 minutes. Allow the pieces to cool, then veganize almost any lobster recipe.



MOCK LOBSTER ROLL

INGREDIENTS

MOCK LOBSTER MEAT:

- 16 ounces of tofu (firmest)
- Juice of two lemons
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 2 tablespoons nutritional yeast
- Freshly ground salt and pepper to taste
- ½ cup beet juice (from freshly steamed beets)
- 1 teaspoon Old Bay Seasoning

SALAD BASE:

- 4-5 stalks celery, diced
- 3 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh parsley
- ½ cup vegan mayo
- Freshly ground salt and pepper to taste

ACCOMPANIMENTS:

- 4 artisan rolls (Grinders, Bolillos or Sourdough)
- ¼ cup vegan butter, softened
- Green leaf lettuce
- Freshly chopped chives, parsley, and dill
- Freshly ground salt and pepper to taste
- Lemon wedges

DIRECTIONS

MOCK LOBSTER:

See the Fresh Cuts: TOFU Butchery Mock Lobster technique on [page XX](#). Place the tofu on a cutting board. Use an ice cream scooper to cut curved pieces that represent the familiar tail and claw meat. Place the cut tofu into a medium glass or non-metallic bowl. In a small bowl, combine the lemon juice, olive oil, nutritional yeast, salt and pepper, then pour the mixture over the mock lobster. Stir to combine then cover the bowl and chill it for two or up to twenty-four hours

Peel and cube one medium beet, then place it in a small saucepan. Add ½ cup fresh water or enough to cover the beets halfway. Bring the water to a boil then reduce the heat and simmer the beets until tender. Add a few tablespoons of water as needed to ensure at least ⅓ cup of liquid remains. Reserve the beets for use in other recipes. See the Basic Red Meat recipe on [page XX](#).

Preheat the oven to 375° Fahrenheit.

Place a colander or fine mesh strainer over a 9x13-inch non-metallic baking dish. Drain the marinade from the mock lobster into the baking dish, set the marinated mock lobster aside. Add the beet juice and Old Bay Seasoning to the baking pan, then swirl the ingredients to coat the bottom of the pan evenly. Using tongs, carefully place the marinated mock lobster pieces into the baking dish allowing only one side of each piece to make contact with the beet juice marinade. (Do not stir or turn pieces once they are in the baking dish.)

Place the baking dish in the oven and roast the mock lobster for 20 minutes. Remove the dish from the oven, without stirring, and set it aside to cool.

SALAD BASE:

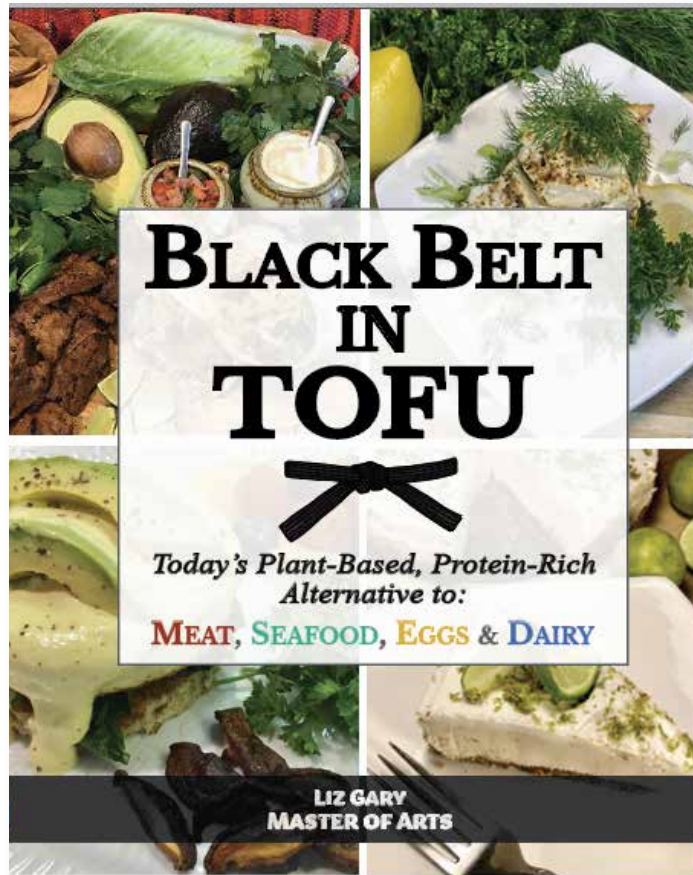
In a medium mixing bowl combine the celery, chives, parsley, and vegan mayo. Gently fold in the cooled mock lobster piece, then season with salt and pepper to taste. Cover the dish and keep it chilled until ready for use.

ASSEMBLY:

Heat a large flat-grill or sauté pan over medium high heat. Spread vegan butter on the inside of each roll. Lay the rolls butter-side down on the hot surface and grill them until lightly golden brown. Line one side of each grilled roll with lettuce leaves then spoon-in the chilled mock lobster salad. Top the sandwich with a sprinkling of chopped herbs, freshly ground salt and pepper to taste, and a side of lemon wedges. **Makes four large sandwiches.**

Host a Mock Lobster Party! You'll find Black Belt level ideas for seafood alternative celebrations on [page XX](#).

Recipes are from the book, *Black Belt in TOFU*
available July 4th, 2024
Celebrating our Independence from Animal Agriculture & the Seafood Industry
www.veganculinarymemoirs.com



Fast forward to 26:26 for the Flaky Fishless Fillet Demo
[VOP15 Vegan Convergence of the People, Sea of Change](#)