



Vegan Cooking 101 MOCK LOBSTER-FEST



Learn the techniques used to create Mock Lobster from the upcoming book *BLACK BELT IN TOFU* and veganize almost any traditional lobster recipe. Demo recipes and sampling include: *MOCK LOBSTER BISQUE*, *MOCK LOBSTER ROLL*, AND *MOCK LOBSTER TACOS*.

Sunday, June 9th | 2:00 - 3:30 PM
Pacific Beach Taylor Branch Library

TURQUOISE BELT
SEAFOOD ALTERNATIVE





LOBSTER-FREE BISQUE

INGREDIENTS

LOBSTER-FREE MEAT:

- 8 ounces of tofu (firmest)
- Juice of one lemon
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 3 tablespoons beet juice
- 1 teaspoon Old Bay Seasoning

BISQUE:

- 2 tablespoons vegan butter
- 1 small yellow onion, diced
- 3 stalks celery, diced
- 2 medium carrots, diced
- 2 cloves garlic, minced
- 1½ teaspoons Old Bay Seasoning
- 1 cup dry white wine
- 2 cups vegetable broth
- 1 bay leaf
- 1 (28 ounce) can diced tomatoes
- ½ cup unsweetened non-dairy creamer

ACCOMPANIMENTS:

- Chopped fresh parsley
- Chopped fresh thyme
- Vegan croutons
- Freshly ground salt and pepper to taste
- Warm sourdough bread & vegan butter

DIRECTIONS

MOCK LOBSTER:

See the Fresh Cuts TOFU Butchery instructions for preparing Mock Lobster on [page XX](#). Place the lobster-cut pieces in a small non-metallic bowl and marinate them in the

lemon juice, olive oil, and garlic for several hours, covered and chilled in the refrigerator.

Preheat the oven to 375° Fahrenheit.

Drain the tofu marinade into a non-metallic pie pan or equal sized baking dish. Add the beet juice and Old Bay Seasoning to the marinade, and stir to combine. Carefully place the tofu pieces into the baking dish allowing only one side of each piece to make contact with the beet juice mixture. Do not stir or turn them in the dish.

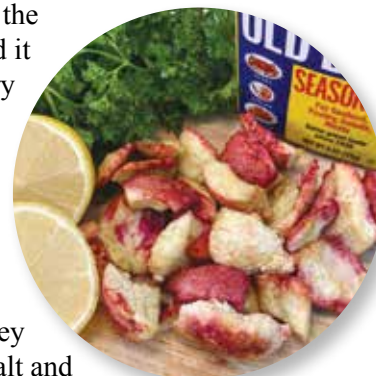
Place the baking dish in the oven and roast the lobster-free meat for 10 minutes. Remove the dish from the oven. Do not stir it. Cover the dish and keep it warm until ready to serve.

SOUP:

Heat a small stock pot to medium high, and add the vegan butter, onion, celery, and carrots. Sauté, stirring frequently for about 5 minutes or until the onion and celery begin to soften. Add the minced garlic and sauté an additional minute or two, until the garlic is fragrant and begins to lightly brown. Add the Old Bay seasoning, wine, vegetable broth, and bay leaf, then reduce the heat to medium low and simmer for 20 minutes.

Remove the bay leaf from the soup. Use a submersible blender or carefully transfer the hot soup into a blender and blend it until smooth. Stir in the non-dairy unsweetened creamer.

Heat the soup thoroughly after blending, then ladle it into bowls. Top each bowl with a serving of the warm lobster-free meat, a garnish of chopped parsley and thyme, and freshly ground salt and pepper to taste.



The Lobster Cut, page XX



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](#).