

Organic Tofu Leek Cake on Parsnip and Buttercup Squash Purée

Best for: Brunch–Lunch
Servings: 6

Don't let the spectacular presentation of this dish scare you, our chef Daniel is an artist! This is a straightforward recipe and if you follow it step by step, you will be rewarded with an explosion of flavours.



INGREDIENTS

Tofu Leek Cakes

454 g (2 cups) organic firm tofu, crumbled
75 g (1 cup) thinly sliced leek
50 g (4 cups) loosely packed baby spinach
50 g (6 tbsp) rolled oat
50 g (½ cup) nutritional yeast
5 ml (1 tsp) camelina oil
1 small garlic clove, crushed
250 ml (1 cup) rice milk
2,5 g (½ tsp) kosher salt
Freshly cracked black pepper
Canola oil to coat the pan & prevent sticking

Buttercup Squash Crumble

600 g (4 cups) buttercup squash, diced into 1/4" pieces
15 ml (1 tbsp) camelina oil
Two sprigs of fresh rosemary, whole
Two garlic cloves, crushed and chopped
75 ml (⅓ cup) apple cider vinegar
75 ml (⅓ cup) maple syrup
Kosher salt & freshly cracked black pepper, to taste
125 ml (½ cup) panko breadcrumbs
¼ cup (50ml) freshly chopped flat-leaf parsley
One tablespoon (15ml) camelina oil

DIRECTIONS

1 – Pre-heat Oven

Pre-heat the oven to 350° F /180° C. Coat with oil (or cooking spray) individual rectangular silicone molds (2" X 4" X 1" format) or muffin tins, set aside. Line a baking sheet with parchment paper and set aside.

2 – Prepare Tofu Leek Cake Mixture

In a frying pan over low to medium heat, add the camelina oil, garlic and leek, and sauté about 10 minutes or until the leek becomes tender without browning it. Add the spinach and sauté for 3 minutes, season with salt and pepper. Transfer to a food processor or preferably a food blender; add the tofu, rolled oat and nutritional yeast. While the blender is running, add the rice milk. Blend until a smooth texture is reached.

3 – Divide Mixture and Bake

Divide the mixture equally. Place in the oven and bake for about 30 minutes until slightly firm to the touch and the cake has slightly browned.

4 – Remove from Oven

Remove from the oven and set aside in a warm place until needed.

5 – Prepare Roasted Squash

While the tofu cakes are in the oven, prepare the sweet & sour roasted squash. In a bowl, combine squash, camelina oil, rosemary, garlic, vinegar, maple syrup, salt and pepper; toss and transfer onto the baking sheet. Place in the oven and bake for about 30 minutes, or until slightly browned and the squash is tender. Remove from the oven and divide this preparation in two different bowls, reserve.

6 – Prepare Panko Mixture

In a fry pan over medium heat, sauté the panko breadcrumbs with a little camelina oil until browned, add chopped parsley and season with salt & pepper, set aside.

7 – Prepare Buttercup Squash Crumble

In a bowl, mix half of the roasted squash with the seasoned panko, set aside in a warm place until plating.



INGREDIENTS

Parsnip Purée

500 ml (2 cups) parsnip, peeled and sliced
One small garlic clove, crushed
One sprig of fresh thyme, whole
5 ml (1 tsp) camelina oil
15 ml (1 tbsp) apple cider vinegar
125 ml (½ cup) rice milk
Kosher salt & freshly cracked black pepper, to taste



Buttercup Squash Purée

Half the quantity of reserved roasted squash (step 5)
125 ml (½ cup) rice milk
Kosher salt & freshly cracked black pepper, to taste

Roasted Heirloom Carrots

8 to 10 small heirloom carrots
Two sprigs of fresh thyme, whole
One garlic clove, crushed
Kosher salt & freshly cracked black pepper, to taste

Garnishes for Plating

20 ml (4 tsp) Camelina oil + extra for pan-frying
18 paper thin slices of red radishes (use a Japanese mandolin)
30 ml (2 tbsp) of micro-greens



DIRECTIONS

8 – Prepare Parsnip Purée

In a small saucepan, add the camelina oil and sliced parsnip; cook without browning for about 2 minutes over medium heat, add the rice milk, garlic clove, thyme and seasoning, cover and simmer at low temperature until the parsnip becomes very soft. Transfer the mixture in a blender and blend to a smooth texture. Transfer purée to a squeeze bottle and keep warm.

9 – Prepare Buttercup Squash Purée

In a blender, place the squash and rice milk; season with salt & pepper and blend to reach a smooth texture, transfer to a squeeze bottle and keep warm.

10 – Prepare Heirloom Carrots

In a preheated fry pan, add a bit of camelina oil, add the carrots, one or two sprigs of fresh thyme, one clove of crushed garlic and sauté on medium heat to brown a little, then place in a 350°F /180°C for about 10 minutes, remove from the oven and keep warm.

11 – Plating and Presentation

To add a little crunch on the tofu cakes, preheat a fry pan with a little camelina oil and pan-fry the cakes for about 2 minutes on each side. In preheated plates, place one tofu cake in the centre of each plate, top it with the buttercup squash crumble falling off the cake a little. With the squeeze bottle, add about 3 to 4 dots of different sizes of parsnip purée around the cakes; repeat with the butternut squash purée, place on top two roasted carrots, three slices of radishes, 5 or 6 sprigs of micro-greens around the plate and finally a drizzle of camelina oil.

Enjoy!

