

## Class: #4 Party Food, Comfort Food

### TOFU SPAGHETTI BALLS (“NEAT BALLS”) (*Vegetarian Cooking for a Better World*)

1 14-16 oz tub firm or extra-firm tofu (not silken)  
¼ c walnuts, chopped fine in food processor  
½ onion, minced  
½ c oats, regular or quick-cooking  
½ t dried basil  
½ t dried dill weed  
½ t dried thyme  
½ t garlic powder  
½ t salt  
1 T soy sauce or Bragg’s Liquid Aminos  
1 T cornstarch  
½ c whole wheat flour

Lightly oil a baking sheet. Drain the tofu and in a large bowl, mash it with a fork or pastry blender. Add all the remaining ingredients and mix together well. Form the mixture into uniformly-sized balls and place them on the baking sheet.

Bake the Neat Balls at 350 degrees for 10 - 12 minutes on one side, then turn them and bake another 10 - 12 minutes. They will be slightly browned when done.

This recipe can make 35-40 small balls, but you can make a smaller number of larger balls if you like; baking time may be a little longer with the larger size.

You will love the way your kitchen smells when you are baking these “Neat Balls.” They are great served with spaghetti and tomato sauce; or sliced with mustard and vegan mayonnaise for a “Neat Ball” sandwich. If you cooked them earlier in the day, they can be warmed in the microwave.

### TEMPEH “SAVE THE CHICKENS” SALAD

2 T soy sauce or Bragg’s Aminos  
2 T mirin\*  
½ c water  
8 oz tempeh  
½ c finely chopped celery  
½ c shredded carrots  
¼ c finely chopped red bell pepper  
½ c thawed frozen peas  
¼ c thinly sliced green onion

For all recipes, t=teaspoon, T=tablespoon, c=cup.

½ c vegan mayonnaise\*\*  
1 T umeboshi vinegar\*  
1 t All-Season Blend (recipe below)  
½ c roasted pumpkin seeds

Mix together the soy sauce, mirin and water in skillet. Add the tempeh, cover and simmer for 10 minutes or until liquid is absorbed. Cool the tempeh and grate it into a bowl. Add the vegetables to the tempeh. In a small bowl, mix together the mayonnaise, vinegar, and All-Season Blend. Mix this into the tempeh-vegetable mixture. Stir in the toasted pumpkin seeds. Serve on lettuce or crackers or in sandwiches.

\*Mirin and umeboshi plum vinegar are macrobiotic ingredients that can be hard to find in a regular supermarket but should be found in a natural food section or store. If unable to find them, substitute 1 T maple syrup and 1 T sherry for the mirin; and substitute 1 T rice vinegar, with a dash of sugar and salt, for the umeboshi vinegar.

\*\*Two brands of vegan mayonnaise are Nayonnaise and Vegenaïse. Nayonnaise is shelf-stable until you open the jar; Vegenaïse is found in the refrigerator case and must be kept refrigerated. Vegenaïse seems to taste most like traditional mayonnaise. Nayonnaise makes a regular and a fat-free variety.

### ALL-SEASON BLEND

(from Joanne Stepaniak, *The Uncheese Cookbook*)

1 ½ c nutritional yeast  
2 T salt  
1 T onion powder or onion granules  
2 t garlic powder or garlic granules  
1 T paprika  
2 t turmeric  
¼ t dried thyme  
¼ t dried marjoram  
¼ t dill weed  
1 t dried parsley

Place all ingredients in a blender or food processor, and process until finely ground. Store in a covered glass jar at room temperature. This makes an excellent all-purpose seasoning for sauces, gravies, and dishes that need “a little extra something”; it also makes a good instant soup broth.

## POTATO SALAD

12-13 potatoes  
Onion (1 small or 1/2 large)  
Dressing ingredients (1 t olive oil, 3 T apple cider vinegar, 1 T brown or Dijon mustard, 1 clove garlic, minced)  
Diced celery  
Chopped fresh Italian (flat) parsley  
Vegan mayonnaise (optional)\*

Peel the potatoes and cut into quarters. (You don't have to peel them if potato skins don't bother you.) Put into a large pot and cover with water. Bring to a boil, reduce heat and cover. Check occasionally to gently move potatoes around to assure even cooking, and to make sure there is enough water (add more if necessary).

When the potatoes have started cooking, chop the onion finely and put it in the bottom of a large bowl. Mix dressing ingredients in a clean jar.

After 12 minutes (or sooner if you smell the potatoes), check potato segments with a fork; they are done when fork goes in easily but they haven't turned to mush. (Just ask yourself what is the texture of a cooked potato.) Remove potatoes with a slotted spoon. PLEASE NOTE: Even if you try to make the potato quarters an even size, they tend to cook unevenly, so at this stage I just remove the segments as they are done, and put them in the large bowl on top of the diced onions. When they are not too hot to handle, dice the potatoes. When most of the potatoes are in the bowl, pour the dressing ingredients over them and gently stir.

Let the warm potatoes marinate with the dressing until they are completely cooled. At this point, if you are serving right away, add diced celery and chopped fresh parsley, and a small amount of vegan mayo (you won't need much as the vinegar dressing gives lots of flavor and some moistness). Or refrigerate and add the celery, parsley and mayo just before serving.

**VERY IMPORTANT:** Do not add vegan mayo to warm potatoes. The mayo just curdles. If that happens, you will have to add even more after the salad has cooled to get that creamy mayo feel.

\*See note to Tempeh Salad recipe, above.

## ROASTED MARINATED TOFU

1 lb firm or extra-firm tofu (not silken)  
1 or 2 T soy sauce or Bragg's Liquid Aminos  
1 or 2 T rice vinegar or cider vinegar  
½ t garlic powder  
½ t ground ginger (optional)  
1 t toasted sesame oil (optional; see recipe notes, Class #2)

Dice the tofu or cut it into strips. Lay the tofu on a lightly-oiled cookie sheet. In a separate small bowl, mix together the sauce ingredients, and pour them over the tofu. Preheat oven to 350 degrees. Bake the tofu 10-12 min. on each side, turning once.

Cooked strip-style, you can serve Roasted Tofu with rice or potatoes and a green vegetable to make a "balanced" meal. It can be a versatile addition to all sorts of meals, including Pasta Salad, below.

## PASTA SALAD

1 lb dried pasta (small shape like rotini or penne)  
½ c or more Freedom Dressing (recipe Class #1)  
Roasted Marinated Tofu (recipe above)  
Steamed or raw vegetables, your choice, such as broccoli, cauliflower, green beans, asparagus  
Garbanzo beans or red kidney beans  
Can or jar of artichokes, sliced (if marinated, add marinade to salad)  
Black or green olives, sliced  
Jar of roasted red peppers, sliced  
Pine nuts or chopped walnuts as garnish (toasted in 300 degree oven for 1-2 min. if desired: watch carefully or they will burn)

Cook pasta according to package directions to *al dente* doneness. In a large serving bowl, toss the pasta with the Freedom Dressing; then add the other ingredients except the nuts and mix thoroughly. Sprinkle some of the nuts on the surface and offer in a bowl for those who want more.

This is a versatile, kitchen-sink kind of recipe that can use whatever is in your pantry and produce bin. You can substitute rice pasta or other gluten-free pasta for a wheat-free meal; you can even substitute rice, barley, or another grain for the pasta. This dish can be prepared ahead and served cold or at room temperature; good for busy days or for coming back to the house after a concert or play.