

Breakfast Sandwiches

With a little creativity, you can have a fresh, savory breakfast sandwich again. Fluffy tofu-egg and maple soy tofu piled on fresh biscuits is sure to make your morning brighter.



Vegan Yum Yum

Breakfast Sandwiches

Makes 8 sandwiches

If you don't have time to make the biscuits, you may substitute premade English muffins.

Biscuits

step 1 Preheat the oven to 475°F.

step 2 Mix flour, baking powder, soda, and salt together.

step 3 Cut the margarine and shortening into the dry mixture with a pastry cutter or a fork until crumbly.

step 4 Add the soy milk into the above mixture until just combined.

step 5 Dump the dough out onto a floured surface and roll into 1-inch thickness.

step 6 Using a biscuit cutter, cut out circles of dough and place them on a parchment-covered baking sheet so that the rounds are touching. Bake for 15 to 20 minutes until golden.

Tofu Eggs

Cook the tofu eggs and maple soy tofu during the time it takes for the biscuits to bake.

Pressing Tofu 101

My favorite method for pressing tofu: Pour off
Breakfast and Brunch

Biscuits:

2¼ cups all-purpose flour

4 teaspoons baking powder

¼ teaspoon baking soda

¾ teaspoon salt

3 tablespoons Earth Balance margarine

2 tablespoons shortening

1 cup soy milk plus 1 teaspoon apple cider vinegar

Tofu Eggs:

1 12-ounce package Firm Aseptic Silken Tofu

5 tablespoons soy milk

2 tablespoons nutritional yeast

1 tablespoon olive oil

¾ teaspoon salt

1 tablespoon tahini, scant

½ teaspoon Dijon mustard

1 tablespoon plus 1 teaspoon cornstarch

⅛ teaspoon baking powder

Vegetable oil for heating in pan

Maple Soy Tofu:

1 14-ounce block of water-packed tofu pressed (see next page for instructions)

3 tablespoons soy sauce

3 tablespoons maple syrup

all excess water. Wrap the tofu in two paper towels. Then wrap the tofu in a terry cloth kitchen towel. Place a cast-iron skillet on top (or anything else that's flat and heavy and can get wet) and let it sit for 20 minutes or longer. After 20 minutes, the towel should be soaked through and the tofu nice and firm. The paper towel just protects the tofu from any lint or, um, cat hair that might be on the towel.

step 1 To make the tofu egg, mix the tofu, soy milk, yeast, olive oil, salt, tahini, mustard, cornstarch, and baking powder in a blender or food processor and blend well. The mixture should be very thick, but still blendable.

step 2 Heat a nonstick skillet (the batter will stick to anything else!) with a few teaspoons of vegetable oil in it.

step 3 Pour $\frac{1}{3}$ cup of the batter into the hot pan, using a rubber spatula to gently spread the batter into a thin pancake. When beginning to brown, flip gently and cook on the other side. Continue to cook the tofu egg "pancakes"; stack and set aside.

Maple Soy Tofu

step 1 To make the maple tofu, press the moisture from the block of tofu and slice it into 10 thick rectangles.

step 2 Cook in an ungreased, nonstick skillet until brown on both sides, cooking in batches if necessary.

step 3 Place all of the cooked tofu back into the hot pan.

step 4 Add the soy sauce and maple syrup and cook until the sauce bubbles up and thickens into a glaze, being careful not to burn it. Set aside.

To assemble the sandwiches:

Place the tofu eggs and the maple tofu on the warm biscuits or on toasted English muffins and serve.

