BASIC RECIPE: TOFU FETA "CHEESE"

This recipe is based on Jo Stepaniak's recipe for "Betta Feta" in *The Uncheese Cookbook* (1994). She later revised the recipe, but I prefer the original version. See the notes at the end for some variant ideas.

1 lb. firm or extra-firm regular tofu, drained and cut into 1/4- or 1/2-inch cubes
2 - 3 tbsp of tahini (sesame seed paste)
Juice of 1/2 lemon
1/4 cup white wine vinegar
1/2 tsp salt
1/2 tsp dried basil
1/2 tsp dried oregano
1/2 tsp garlic granules or garlic powder

In a medium-sized bowl, whisk together the tahini, lemon juice, vinegar, salt, herbs and garlic powder. Add the tofu and stir to mix.

There is no need to press the tofu. As the tofu releases liquid, it will give the right consistency to the sauce the tofu is marinating in.

Cover until ready to use, stirring again before you add it to a dish.

Notes: Another recipe for tofu feta simply adds red wine vinegar, salt, and dried oregano to the cubed tofu.

In her update of the *Uncheese* cookbook, *The Ultimate Uncheese Cookbook* (2003), Jo Stepaniak has you simmer the tofu, then combine it with a brine made of water, light miso, white wine vinegar, and salt.

This tofu feta is wonderfully versatile. It can be used to enrich: a tomato sauce for pasta along with veggies and olives; a chickpea-and-rice dish with spinach and Middle Eastern spices; and a roasted root vegetable dish with lentils and walnuts. You can add it to any number of plates or bowls.

Depending on the dish you are using it in, you can mash the tofu feta if you prefer that consistency.





