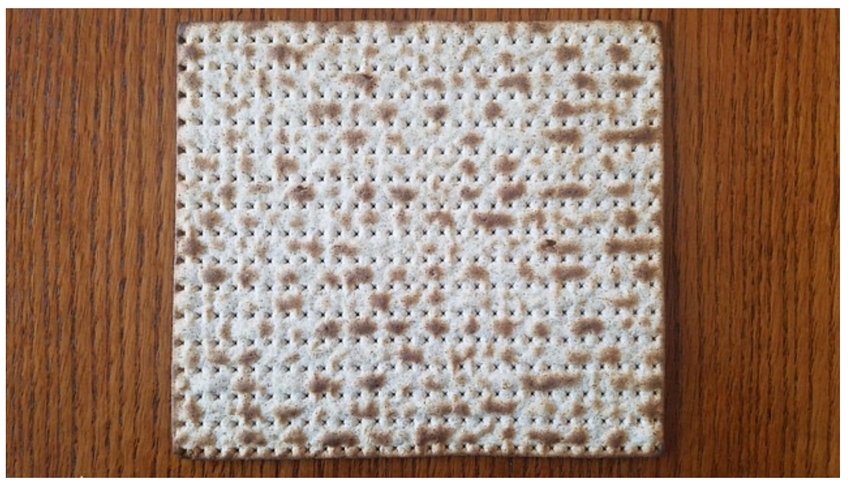
Mrs. Vegan's WFPB Dinner Recipes

CAULIFLOWER KUGEL WITH ALMOND-HERB CRUST (adapted from Isa Chandra Moskowitz, *Vegan with a Vengeance*)



4 cups cauliflower florets or more, steamed and mashed
4 whole matzohs, crumbled by hand or in the food processor*
1 pkg regular or silken tofu, crumbled or mashed
2 tbsp nutritional yeast (optional)
1 leek, chopped, white and green parts**
1 onion, diced
½ cup fresh parsley
¼ cup fresh dill or 1 tbsp dried dill weed
½ tsp salt***
½ tsp pepper
½ cup almonds, toasted and chopped fine



This recipe is very simple, and is very flexible and forgiving if you vary the amounts of the ingredients. For example, you can use much more than 4 cups of cauliflower if you like. The amount of salt used should stay the same.

In a food processor, combine the tofu with the nutritional yeast (if using), the leeks and onions, parsley, dill, salt and pepper. If you don't have a food processor, simply mash the tofu in a bowl and fold in the other ingredients by hand and you will get a good result.

In a larger bowl, combine the prepared cauliflower and crumbled matzoh with the tofu mixture and stir thoroughly. Lightly oil a casserole dish (or use a nonstick dish) and spoon in the kugel mixture. Top with the almonds. Lightly cover with foil at bake at 350 degrees for about 30 minutes. Remove the cover for the last few minutes of baking if you want some browning on top. Let stand 10 minutes before serving.



*Use whole wheat matzoh if possible.

**Carefully clean the leeks by splitting them lengthwise, separating the layers and rinsing out the sand. Recipes usually tell you to use only the white part of the leeks, but you can use as much of the green part as is reasonably tender. If you don't have leeks, you can omit them; substitute a few scallions (green onions); or increase the amount of onion used.

***You can use kala namak (Himalayan black salt) for some or all of the salt, to give the dish a somewhat sulfurous or eggy flavor.

