

TOFU FRENCH TOAST WITHOUT EGGS

Imperial (Metric)

1/2 lb (1/4 kilo) tofu
1 tablespoonful honey (optional)
4 tablespoonsful water
2 teaspoonsful natural soy sauce
4-6 slices of wholewheat bread

American

1 cupful tofu
1 tablespoonful honey (optional)
1/4 cupful water
2 teaspoonsful natural soy sauce
4-6 slices of wholewheat bread

1. Blend the tofu, honey (if used), water and soy sauce until smooth.
2. Dip both sides of the bread in the batter and fry each piece in vegetable oil until done, turning it once. Serve with honey, apple sauce or jam, or the American favourite — maple syrup.

Variation

Add some honey to the Tofu Mayonnaise (page 62) and dip the slices of bread into it before frying them in vegetable oil.

SCRAMBLED TOFU

Mash some tofu with a fork and fry it in a little vegetable oil. Add tamari (natural soy sauce) to taste whilst frying. The addition of a little turmeric will make this look like scrambled eggs.

