

Alisha grew up on a farm in Ohio. Growing up she was always helping in the garden, helping in the kitchen, canning and preserving food with her family. After getting a degree in Outdoor Recreation, her love of nature and the unknown brought her west. She has been in Park City for 20 years and is the owner of a boutique guiding service called Mountain Vista Touring. As a plant powered adventure athlete, she strives to find protein filled, flavor packed, simple and fun recipes to recreate in her kitchen. This is one of her favorite new recipes that she has recently stumbled upon. She's looking forward to sharing it with you!

## **Vegan Butter Chick-UN with Rice**

### **Equipment Needed:**

Baking Sheet  
Parchment Paper  
Large Skillet  
Rice Cooker (or large pot to cook it on the stove)  
Blender

### **Ingredients:**

#### ***Tofu:***

19 ounce block of organic firm tofu frozen (put the tofu in the freezer the night before)  
2 T Oil  
1/4 tsp. Salt  
2 T Flour

#### ***Gravy:***

3 T Vegan Butter  
1 tsp. Cumin Seeds  
1 Large Onion - cut in chunks  
4 Cloves of Garlic  
1 T ginger (crushed)  
3 oz. tomato paste  
1 T garam masala  
1 tsp curry powder  
1 tsp. ground coriander  
1 tsp. cayenne pepper (can omit if you want to make this kid friendly)  
13 oz. coconut milk  
1 tsp. salt  
1 T vegan butter  
Pinch of sugar if needed to tone down acidity  
\*This recipe serves 2. You can double this or triple it for a larger family or if you want leftovers!

#### **Instructions for Tofu:**

1- Freeze the tofu block overnight or for at least 12 hours. Remove from freezer and thaw in microwave for 10 minutes or until soft. Drain and press water from tofu block.

2-Preheat oven to 400 degrees F. Carefully cut the tofu up in chunks (it may be hot!) and put it in a mixing bowl. Add the oil and salt. Mix together and coat with the flour.

3- Line a baking sheet with parchment paper and arrange tofu with space between. Cook for 15 minutes and then flip the tofu over. Cook another 15 minutes. Once cooked, remove tofu from the oven and set aside.

4- Start your rice in the rice cooker or on the stove, according to the directions on the bag.

**Instructions for Gravy:**

1- While the tofu is baking, heat your large pan or skillet over medium heat. Add 3 T of butter. Once it's bubbling slightly, add the cumin seeds and cook for one minute (stirring so as not to burn them).

2- Add onions to the pan and cook 4-6 minutes until tender. Then add the crushed garlic and crushed ginger as well as tomato paste. Cook for 1 minute.

3-Add the rest of the spices, salt and coconut milk. Stir well. Lower heat to low and simmer for 3 minutes.

4-Carefully transfer the gravy into a blender and blend until smooth. Pour the gravy back into the pan and add the baked tofu. Stir together until tofu is well coated. Add a pinch of sugar if desired. Simmer for 5 minutes over low. Serve over rice.