



**Eco-Cuisine**

## **THANKSGIVING DAY ROAST**

Yield: one 8" roll or 8 portions.(16 half inch slices) One 9-1/2" X 5" X 2-3/4" loaf Pan

Prep Time: about 90 minutes

This is a superb substitute for the turkey on Thanksgiving Day. The dressing compliments the is what carries it or rather balances off the tofu.

### **PROTEIN**

3/4 lb. Eco-Cuisine "Chicken Style" Quick Mix

1 tablespoon Eco-Cuisine "Chicken Style" broth powder, OPTIONAL

1-1/2 cups water

3 tablespoons oil

1. Add water and oil. Mix for 2-3 minutes on low speed with a paddle.
2. Form into a roll. Easiest way is to tightly wrap in plastic wrap. Set aside to rest.

### **SAGE DRESSING**

Yield: 2 cups

Prep Time: inclusive in the above recipe

This dressing was developed for the 1986 Christmas season. This recipe is similar to the Tofu turkey roasts. It has a meaty texture, dressing popping with flavor, and is a perfect

1/2 cup peeled and fine diced onions

1/2 cup fine diced celery

1/2 cup peeled and fine diced carrots

2 Tablespoons unrefined Corn Oil or oil of choice

1-1/2 teaspoons (2 cloves) minced garlic

1/2 teaspoon ground sage

1/4 teaspoon chopped sweet basil

1/8 teaspoon ground black pepper

2 Tablespoons vegetable or “Chicken Style” broth powder

1 teaspoon Sea Salt

1 cup water

2 cups chopped 1/2 inch cubes of dry white or whole wheat bread

**Option:** Add ¼ cup each of dried, sweetened cranberries and pecans or chestnuts for additional flavor and texture.

1. Sauté the vegetables in the oil with the garlic for a5 minutes on a medium heat.
2. Add the remaining spices and sauté another 5 minutes.
3. Add the water and bring to a simmer.
4. Then add in the bread crumbs and let simmer a few minutes and then take the dressing off the fire and let it cool.

### **ASSEMBLY:**

**For foodservice you can prepare the rolls to fit into a shallow steam table pan and place 2-3 in a pan. Double the recipe for each roll.**

1. Oil 9” long by 8” wide (or larger) sheet of parchment paper. Form protein into a 9” long roll and spread out to 8” wide. Lightly oil loaf pan.
2. Lengthwise form an even 9” roll of the dressing lengthwise down one side of the protein about one-inch from the edge.
3. Roll protein tightly around the dressing into a roll with parchment and place in loaf pan with seal down. Cover loaf with aluminum foil.
4. Bake\* in a preheated oven at 350 Degree F. for 30 to 40 minutes or until internal temperature of 180°F. and remove from oven. Let set for 20 minutes, remove from pan, unwrap, slice and slice into half inch slices and serve with sauce of choice.

\*Optional to steam for 40 minutes or until reaches 180°F.

NOTE: If all fine bread crumbs were used cut to 1-3/4 cups crumbs to adjust for density or weigh bread cubes and use equal weight with bread crumbs.