

FILET O' 'FU TOFU SLIDERS

From



INGREDIENTS

Makes six sliders

Slider Buns	6
Vegan American Cheese	6 slices
Neutral Oil	4 cups

(Vegetable, Canola or Rice Bran oil)

FOR THE TOFU PATTIES

Extra Firm Tofu	12 ounces
Coconut Aminos	¼ cup
Soy Sauce	¼ cup
Just Egg egg substitute	⅓ cup (or 3 eggs, beaten)
All Purpose Flour	⅓ cup
Potato Flakes	½ cup
Panko or Breadcrumbs	½ cup
Black Sesame Seeds	1 tablespoon
Salt	1 ½ teaspoons

FOR THE KALE SLAW

Green Cabbage	2 cups, shredded
Kale	2 cups, shredded
Lemon Juice	1 tablespoon
Soy Sauce	1 tablespoon
Vegan Mayo	½ cup
Vegan Sour Cream	¼ cup
Dijon Mustard	1 tablespoon
Salt	½ teaspoon

FOR THE TARTAR SAUCE

Vegan Mayo	½ cup
Cornichons	1 tablespoon, minced
Capers	½ tablespoon, minced
Lemon Juice	1 tablespoon
Rice Vinegar	1 tablespoon
Dill	1 tablespoon, chopped
Chives	1 tablespoon, chopped
Salt	¼ teaspoon

A note about substitutions: If you can't find coconut aminos you can use all soy sauce. No potato flakes, use all panko/breadcrumbs.

PREPARATION

Cut tofu in half lengthwise so that the brick of tofu is about ½ inch thick. Cut the patties into squares, about 2 ½ inches wide. Place in a nonreactive dish and cover with the coconut aminos and soy sauce. Let marinate for an hour, flipping the patties halfway through.

While the tofu is marinating, combine all of the ingredients for the slaw and toss together. Set aside in the refrigerator while you prepare the rest of the ingredients.

To make the tartar sauce, combine all ingredients in a small bowl. Whisk or stir together until combined, and let rest in the refrigerator until ready to use.

Set up a breading station with three bowls. Fill one bowl with flour, the next with the egg, and the final bowl with the potato flakes, panko and breadcrumbs. Have a plate ready for your final product.

To bread the patties, gently remove the tofu from the marinade, allowing any excess to drip away. Carefully coat the tofu in a thin layer of flour, tapping away any excess. Then coat in a thin layer of egg, and using a clean utensil or your hand, coat the tofu in the panko mixture. Gently press the panko into the patty to help it adhere. Continue until all of your tofu patties are breaded.

Heat a heavy bottomed pot filled with oil over medium heat until the oil reaches 325°F. Gently and carefully lower the breaded patties into the oil, without overcrowding the pot. Adjust the temperature so that the oil stays near 325°F. Once the patties are golden brown, set them on a paper towel to absorb extra oil. Transfer to an oven proof dish. Cover with a slice of cheese and place in the broil, or oven set to broil until the cheese is melted.

Meanwhile, slice the buns in half lengthwise and toast.

Top each side of the buns with a tablespoon of the tartar sauce. Place a fried tofu patty on the bottom slice of the bun, and top with a heaping spoonful of the kale slaw. Cover with the top bun and enjoy!

