



The Micheff Sisters

“Happy Holidays” (2013)

Elegant Holiday Roast

INGREDIENTS:

4 cups vital wheat gluten flour
1 cup whole wheat flour
1 cup nutritional yeast
4 tsp onion powder
2 tsp garlic powder
2-15 ounce packages regular firm tofu
2 ½ cups water
6 Tbs Bragg Liquid Aminos
2 Tbs oil

Wild Rice Stuffing:

4 cups cooked wild rice
1 T grape seed oil
4 cups onion, finely chopped
4 cups mushrooms, finely chopped
8 stalks celery, finely chopped
10 cups fresh bread crumbs
4 cups liquid broth (homemade; see below)
2 cups dried cranberries, finely chopped
2 cups pecans, finely chopped
1 tsp rubbed sage
1 tsp ground thyme
2 tsp fresh rosemary, minced
3 T Bragg Liquid Aminos
1 tsp sea salt

Basting Broth:

4 cups hot water
¾ cup homemade broth powder (see recipe below)
4 Tbs oil



Homemade Broth Powder:

2 ⅔ cups nutritional yeast
⅓ cup onion powder
5 Tbs sea salt
5 tsp garlic powder
2 Tbs raw sugar or stevia-in-the-raw or half & half
2 tsp dried thyme
2 tsp rubbed sage
2 tsp paprika
1 tsp turmeric

For the Turkey Wrapping:

2-4 pkgs bean curd pouch, thawed

Elegant Holiday Roast Directions:

First mix dry ingredients. Then combine wet ingredients in blender till smooth and creamy. Next mix dry and wet together in bread kneading bowl with dough hook

Knead for 10 minutes; adding additional garbanzo flour as needed to get a good, bread-dough type consistency. Let the dough set for 1 hour, covered. Then knead again for 10 min. Dough should be shiny and smooth but not too wet to be kneadable.

While gluten is setting, prepare the Wild Rice Stuffing; sauté all the veggies in a skillet that has been sprayed with non-stick cooking spray. Add in the herbs, and combine with the remaining ingredients. Adjust seasoning as needed.

To prepare the broth powder, combine all ingredients and place in a blender. (Store in an airtight container.) Next, prepare the basting broth by combining all ingredients and mixing well. For regular chicken broth or wild rice stuffing; use 1 level T powder to 1 cup water.

Then roll out gluten in 2 large or 4 medium rectangles depending on your casserole options. Spread out rice stuffing on gluten, leaving 1” border. Roll up tightly like a jelly roll and seal seams. Place in parchment-lined and sprayed casseroles (2 larger or 4 smaller deep, oval casseroles), then pour most of the basting broth over the rolls, reserving some for the final step of browning the “skin.”

Place casseroles in preheated oven at 350 degrees. Bake uncovered for 1 hour and 15 minutes, turning once after 45 minutes, using the parchment paper to accomplish this by just removing the paper as you turn it. Return to oven for another 30 min.

When gluten looks well done and most of the broth is absorbed, then remove from oven and turn once more. Then tuck in the opened up bean curd pouches around the turkeys. Garnish turkeys with sprigs of fresh rosemary.

Baste the bean curd with remaining broth. Return to oven and bake approximately 30 more min. till well-browned.

Garnish with fresh herbs etc. Allow to cool for a few minutes then carefully slice, keeping the skin in place.

Cinda Sanner