

# Circessian Chick'N

This is taken from a traditional Circessian recipe. Circessians are a proud race that have been living on the north east shores of the Black Sea. This modification on their recipe is delightful.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 20 mins

Category: Entrees

Complexity: Simple to moderate

Vegan experience: Absolute beginner

Preparation style: Partly raw



## Ingredients

Mushrooms, raw	10 medium
Tofu, raw (not silken), cooked, firm	0.5 block - 7" x 1 9/16" x 1 5/8"
Olive oil	1 cup
Pecans, raw	1.5 cup
Vegetable broth, bouillon or consomme	3 cup
Salt, sea salt	1 teaspoon
Garlic, fresh	6 clove
White bread, store bought	3 medium slice
Red pepper (cayenne), ground	1 teaspoon

## Instructions

Circessian Chick'N is prepared in two steps. The first is to prepare the sauce which is raw.

### THE SAUCE

Use a good blender. Put in the Pecans, Vegetable Broth, the Garlic cloves, the white bread in the blender.

Mix until the mixture becomes creamy. Make sure that you do NOT add water or more broth to make it creamier. If needed add a tablespoon of olive oil to help the blending.

### THE BASE

Now you have to prepare the mushrooms and the tofu.

Slice the mushroom into medium slices. (One mushroom into 4 slices.)

Cut the tofu into medium thickness rectangular slices. Each slice can be approximately 1/2" thick and about 1" x 1.5" rectangles.

Put all of the mushroom and tofu slices into a frying pan. Use the olive oil to stir fry the mushrooms and the tofu until they become brown"ish" but not burned.

### THE FINAL MIX

When the mushrooms and the tofu is "browned" pour the contents of the pan in an oval porcelain or glass container. Evenly pour the sauce on top of the mushrooms and tofu.