

Raw Caesar Salad And Dressing With Cooked Spiced Tofu Cubes

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Categories

Gluten-free

Yields: 4 servings

Preparation time: 40 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Partly raw



Ingredients

Lettuce, romaine or cos	4 head
Black pepper, ground	0.5 teaspoon
Lemon, fresh	0.5 small - 1 7/8" diameter
Water	1.25 cup
Olive oil	1.5 tablespoon
Lemon juice, fresh	3 tablespoons
Cashews, raw	1 cup
Garlic, fresh	7 cloves
Dijon mustard	1 teaspoon
Salt, sea salt	0.5 teaspoon
Cayenne	0.25 teaspoon
Tofu, raw (not silken), cooked, firm	1 block - 7" x 1 9/16" x 1 5/8"
Garlic, powder	1 tablespoon
Onion powder	1 tablespoon
Turmeric, ground	1 teaspoon
Paprika	1 teaspoon
Crushed red pepper, crushed	1 x 1/4 tsp

Instructions

To get ready ahead of time:

1. For the dressing soak cashews for 2 - 4 hours or overnight.
2. Remove tofu from package, drain and wrap in paper towel or a clean tea towel. Press with a heavy object on top, such as a book for about 30 minutes to squeeze out excess liquid.

Salad:

The first 3 ingredients are for the salad.

1. Wash the lettuce and cut into strips. Place in a large bowl.

Caesar Dressing:

1. Add 1 1/4 cup water, 2/3 cup olive oil, 3 tbsp fresh lemon juice, 1 cup soaked and drained cashews, 7 cloves garlic, 1 tsp Dijon mustard, 1 tsp salt, 1/2 tsp black pepper and pinch cayenne to blender and blend until completely smooth.
2. Store dressing in glass jar with lid.

Tofu:

1. Unwrap pressed tofu and cut into approximately 1 inch cubes. Place tofu in a medium bowl with 1 1/2 tbsp olive oil, garlic and onion powder, paprika, turmeric, salt and a dash of crushed red pepper. Gently mix to combine.
2. Heat frying pan - cast iron if you have it. On medium heat cook cubed tofu for about 5 minutes per side or until lightly brown, for a total of 10 minutes. Do not toss and mix cubes instead cook until brown on one side and flip each cube individually. It is important to turn each cube separately to ensure even cooking. Once both side are done you can gently mix together all the tofu cubes in the pan and cook an additional 2 minutes.

To prepare salad:

Toss the romaine lettuce with the dressing. Divide equally into four bowls. Top each bowl with fried tofu croutons, a pinch of pepper and a squirt of lemon.