

Roast Garlic Tofu Aioli

Use in the same way you would a garlicky sauce or mayonnaise such as in sandwiches, dips, on roasted veggies, stirred into soups, or as a topping for something.

Categories

Gluten-free

Yields: 6 servings

Preparation time: 5 mins

Cooking time: 90 mins

Category: Dips and spreads

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Partly raw

Ingredients

Garlic, fresh	40 clove
Thyme, fresh	1 teaspoon
Bay leaf	1 x 1 leaf
Olive oil	1 tablespoon
Tofu (mori-nu, silken, firm)	14 ounce
Miko brand, sweet miso soybean paste	2 x 1 tbsp
Lemon juice, fresh	0.5 cup
Salt, sea salt	1 dash
Black pepper, ground	1 dash

Instructions

The ingredients are divided into two parts, ingredients 1 to 4 for the Garlic Puree and then ingredients 5 to 10 for the Roast Garlic Tofu Aioli. You need the Garlic Puree for the recipe.

Garlic Puree

1. You will need 4 garlic heads for the Garlic Puree which should contain about 10 to 12 cloves of garlic each, please do NOT remove the cloves individually for this recipe and keep the heads intact.
2. Preheat oven to 350 degrees Fahrenheit
3. To make the garlic puree, slice of the top (about 1/2 inch) off the garlic heads and discard the sliced off portion.
4. Pack the garlic heads snugly in a small ovenproof dish, scatter the thyme over and tuck in the bay leaf.
5. Pour the oil over the heads. You may also use vegetable stock instead of the olive oil here instead if you'd like so make sure to add that to your shopping list
6. Cover tightly and put in the oven.

7. Bake for 1 to 1.5 hours or until the heads are soft.
8. Remove from the oven and let cool.
9. Once the garlic has cooled, squeeze the garlic cloves from their skins and process to a puree in a food processor. The garlic puree can be stored and covered in the refrigerator for up to 1 week

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1. To make the final part of the recipe, process the garlic puree, tofu, miso paste (preferably a light and sweet one if possible), and lemon juice to mayonnaise consistency in a food processor. If necessary, use 1 to 2 tablespoons of water or olive oil to thin to the desired consistency.
2. Season to taste with salt and pepper.