

Tofu Mayonnaise

Ingredients

225g Silken tofu, drained and carefully rinsed
3 tbsp Neutral oil (rapeseed, light olive)
2 tsp Lemon juice or cider vinegar (or a mix of the two)
1 tsp Dijon mustard
½ tsp Salt
½ tsp Maple syrup (or agave, honey...)
Salt & pepper, to taste

Serves 6-8

Method:

Very gently drain the tofu and rinse under running water - don't worry if it breaks a little. Transfer the tofu to a blender, food processor, or the cup of an immersion blender. Add the oil, vinegar, and salt to the tofu and blend until smooth and creamy.

Taste the mayonnaise and adjust the seasoning and texture: Add more oil for a creamier, richer mayo or a tablespoon of water to loosen the texture. Add mustard or agave, additional lemon juice or vinegar, or more salt, according to your taste.

Store the mayonnaise in the fridge for up to one week.

Tofu "Caesar" Salad Dressing

Ingredients

60ml Olive oil
60g Silken tofu
½ tsp Lemon zest, finely grated
2tbsp Lemon juice
2tsp Dijon mustard
2tsp Drained capers
2tsp Nutritional yeast
Salt & pepper, to taste

Serves 4

Method:

Whizz the oil, tofu, lemon zest and juice, mustard, capers and nutritional yeast in a blender until smooth. Season with salt & pepper.

Adjust the seasoning to taste – you may want to add more nutritional yeast, mustard or lemon juice.