

Monthly
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Simply Seasonal

Soysage

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Soysage

Ingredients

1/3 c. whole wheat flour*
3 T. + 1 T. oil, divided
3 T. soy sauce
½ t. each: black
pepper, sage, thyme,
savory, coriander
1 lb. frozen tofu*, thawed,
and squeezed dry
1 egg* (optional)

*can be found locally

Directions

1. In a large bowl, combine flour, 3 T. oil, soy sauce, and seasonings.
2. Crumble tofu into mixture and knead a couple of minutes until well blended.
3. If desired, add the egg to the mixture, and mix until combined.
4. Form heaping tablespoons of mixture into patties.
5. Heat 1 T. of oil in a large pan over medium-high heat. Fry patties until browned. or cook as you would ground beef or sausage, and use in tacos, pizza, or casseroles.
6. To make a loaf instead of patties, place mixture in a loaf pan and bake at 400° F for about 25-30 minutes. Cool a bit before slicing. (For extra flavor, add diced onions, peppers, and/or mushrooms to mixture before baking.)