

Faux Foie Gras on Olive Oil–Infused Ciabatta With Blackberry Port Wine Sauce

Special Equipment:

1-qt. pickle press
2 12-inch pieces cheesecloth
Coffee grinder

For the Foie Gras:

16 oz. Wildwood silken tofu

For the Marinade:

1/2 cup water
1/2 cup nutritional yeast flakes
2 Tbsp. white miso (Miso Master brand)
3 Tbsp. barley miso (Miso Master brand)
1/4 cup port wine

For the Croutons:

6 pieces ciabatta bread, 1 inch by 1 inch by 2 inches, crusts removed
Extra virgin olive oil

For the Coating:

4 dried shiitake mushrooms
Fresh ground pepper
1/2 cup unbleached flour
Salt
Safflower oil

Additional Ingredients:

Blackberry port wine sauce (see below)
Micro greens for garnish

To Prepare the Faux Foie Gras:

- Cut the tofu in half and lightly dry between paper towels.
- Slice along the edges of the tofu to give it a rounded look and wrap each piece in cheesecloth.
- Place the slices of tofu in the pickle press side by side.
- Place the water, yeast, miso, and port wine in a saucepan. Mix well and bring to a boil.
- Pour the mixture over the tofu and let cool.
- Place the pickle press lid and a small plate to fit in the opening as a press, and screw it down, applying light pressure.
- Marinate at room temperature for 12 hours and then refrigerate for 24 hours.
- Unwrap the cheesecloth and gently rinse in cold water. Pat dry with a towel.

To Prepare the Croutons:

- Lightly brush the bread with oil and toast in an oven or toaster oven at 400° until golden.

- Soak in olive oil for 30 seconds.
- Set aside.

To Coat, Fry, and Serve:

- Break the dry shiitake mushrooms into pieces and grind into a powder in an electric coffee grinder.
- Slice the faux foie gras into 1/2-inch slices on a slight diagonal. Sprinkle with black pepper and salt and coat lightly first in shiitake powder and then in flour.
- Pan-fry the coated tofu in a cast-iron or steel pan lightly coated with safflower oil. Fry each side until golden brown.
- Serve 2 pieces of faux foie gras over 1 crouton. Drizzle 2 ounces of blackberry port wine sauce over the faux foie gras and the plate.
- Garnish with micro greens.

Makes 6 servings

Blackberry Port Wine Sauce

8 oz. port wine
 1/2 pint fresh blackberries
 4 oz. vegan demi-glace (see below)
 Salt and pepper

- In a sauté pan, reduce the port wine to 2/3.
- Cut the blackberries in half and add to the reduction.
- Add the vegan demi-glace and cook for 1 minute.
- Salt and pepper to taste.

Vegan Demi-Glace

1/2 cup chopped onion
 1/2 medium carrot, chopped
 1 clove garlic, chopped
 1 Tbsp. olive oil
 1/4 cup unbleached flour
 1 cup red wine
 1 sprig fresh thyme
 1 bay leaf
 2 1/2 cups water
 2 Tbsp. soy sauce

- Sauté the onion, carrot, and garlic in olive oil until lightly browned.
- Add the flour and mix well. Cook for a few minutes.
- Mix in the wine. Reduce for a few minutes and add the herbs, water, and soy sauce. Simmer for 40 minutes.
- Remove the herbs and blend well in a blender.

- Strain if needed.

Makes 1.5 quarts