

## sweet and sour tofu

Submitted by Arielle Paterson

(Serves 6)

- 1 pkg. unflavoured Salt Spring organic tofu**
- 1/2 c. organic ketchup**
- 1/4 c. frozen orange juice concentrate**
- 2 Tbsp. soy sauce**
- 2 Tbsp. freshly squeezed lemon juice**
- 2 Tbsp. brown sugar**
- 1 tsp. Dijon mustard**
- 1 tsp. pure sesame oil**
- 1/2 tsp. hot chili sauce**

Preheat oven to 350° F. Slice block of tofu into 4 fat triangles. Slice 1/4"-thick triangle slices from each and spread out in a single layer over a clean tea towel. Pat dry with another clean tea towel. Combine remaining ingredients in a small bowl, mixing well. Oil pan (a pizza pan works well here) with sesame oil. Pour a bit of sauce to cover the bottom, then place sliced tofu to cover the pan in a single layer. Pour remaining sauce over the tofu, covering each slice. Bake for 25 minutes. This one always gets a rave review at potlucks!

### Recipe for

#### ... common sense



If you've got this cookbook you'll need a stove.

If you have a stove, according to the bylaw, it should be in a kitchen.

If you need a kitchen it should be in a house.

If you need a house you should be calling me.

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## turkey or chicken burgers with mint and fresh ginger

Submitted by Kate Bragg

(Makes 8-16 patties)

I often serve these as a main course, bunless mini-burger or as an appetizer served with tzatziki for dipping. They are scrumptious and fresh-tasting. Enjoy with roasted potatoes, red peppers or couscous pilaf and tzatziki.

- 2 lbs. ground turkey or chicken**
- 1 medium red onion, finely diced**
- 4 or 5 green onions, finely chopped**
- 2 Tbsp. fresh ginger, finely chopped**
- 1 or more c. fresh mint, chopped**
- 1 c. fresh cilantro, chopped**
- 2 eggs, lightly beaten**
- 1 tsp. kosher salt**
- 1/2-1 c. Panko crumbs (or breadcrumbs)**
- pepper**

Optional: You can add finely chopped chili pepper to add some spice.

Combine all ingredients. Shape into burger patties or meatballs and fry in olive oil until golden.