

New England Boiled Dinner

Freeze-dried tofu replaces corned beef as the concentrated source of protein in this classic winter one-pot meal. Serve with whole grain bread or other grain of your choice for a simple, warming, and delicious dinner.

Reconstitute dried tofu by soaking it in lukewarm water 5 minutes. Repeatedly dampen and squeeze out excess water until liquid that comes out is no longer milky. Cut tofu pieces in half lengthwise, then cut each half crosswise into thirds.

In a large frying pan, bring one cup stock or water to a simmer with tamari and mirin. Add bay leaf, rosemary, onion, and tofu. Cover and simmer 10 minutes. Add remaining cup of stock or water, carrots, celery, and mushrooms. Cover and simmer 5 minutes. Add squash and simmer until vegetables are nearly tender (about 10 minutes). If pan is nearly dry, add 1/3 cup water mixed with 1 teaspoon shoyu. Add broccoli and simmer until tender-crisp (about 5 minutes).

Place the frying pan in the center of the table, uncover, and serve.

Preparation List:

Serves 3

- 6 pieces freeze-dried tofu
- 2 cups kombu stock, vegetable stock, or water
- 2 tablespoons tamari or shoyu
- 1 tablespoon mirin
- 1 bay leaf
- Pinch of rosemary
- 1 onion, cut into 8 to 12 wedges
- 3 carrots, cut into bite-sized chunks
- 1 rib celery, cut on the diagonal into 2-inch lengths
- 10-12 mushrooms, halved or quartered
- 3 wedges buttercup squash (1-inch pieces), or several 1/2-inch slices butternut squash
- 12 broccoli florets