

# Gefilte Tofu

## Broth:

2 quarts water  
1½ cups chopped onion  
1 cup diced carrots  
1 cup chopped celery  
1½ tsp. salt  
¼ tsp. white pepper  
½ tsp. thyme  
1 whole clove  
1½ bay leaves

5 tsp. agar powder

## Gefilte Tofu:

2 cups chopped onions  
1 lb. firm tofu, mashed  
6 Tbsp. matzo meal  
2 Tbsp. Ener-G Egg Replacer  
6 Tbsp. ground blanched almonds  
1 tsp. salt  
½ tsp. black pepper

**P**lace the water in a large saucepan with the vegetables and seasonings. Bring to a simmer and reduce liquid by half. Then stir in the agar powder to thicken the stock.

While stock is cooking, blend the onions, carrots and tofu in a food processor until smooth. Transfer to a mixing bowl. Combine remaining ingredients and add them to the tofu mixture. Blend thoroughly.

Portion out the tofu mixture (use ¾ cup for large gefiltes or 6 Tbsp. for small). Form oval-shaped gefiltes from the mixture. Use oil or extra matzo meal to keep the mixture from sticking to your hands.

Place the gefilte tofu in a lightly-oiled steam basket in a large saucepan. Gently pour the hot stock over them and simmer for about 10 minutes. Do not overcook, or they will split apart. If you are making several batches, remove the cooked gefiltes delicately and reuse the stock.

Serve hot or cold, with horseradish sauce.

8 servings

**Per serving:** 180 calories; 12g protein; 8 fat; 15g carbohydrate; 0mg cholesterol

**Source:** *Friendly Foods* by Ron Pickarski (Ten Speed Press, 1991), ISBN 0898153778

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