

# ZACCHARY BIRD



# the **VEGAN** **BUTCHER**



The ultimate guide  
to plant-based meat





# Bird Roast



**Named after Zacchary Bird, esteemed author of this sentence, this bird roast isn't quite meant to be a chicken and it's definitely not a turkey. It's me! A plant-based alternative to roasting your favourite vegan cookbook writer at Sunday lunch. I might taste a bit like chicken, but apparently who doesn't? Tuck into my succulent rump this holiday season, or fight over a piece of my breast. Just be sure to serve me with gravy and a bit of roast veg.**

## INGREDIENTS

vital wheat gluten	300 G (2 CUPS)
torula yeast or mushroom seasoning	2 TBSP
firm tofu	300 G (10½ OZ)
aquafaba from tofu or tinned cannellini beans or chickpeas (or water)	350 ML (12 FL OZ)
white vinegar	1 TBSP
vegan stuffing mix	200 G (7 OZ)
dairy-free butter	2 TBSP
wet yuba skins (refrigerated soft bean curd sheets)	4 LARGE
vegetable oil	FOR BRUSHING

## CHICKEN-STYLE FLAVOUR

white miso paste	2 TBSP
canola oil	2 TBSP
chicken-style stock powder	2 TBSP
soy sauce	1 TBSP
onion powder	2 TSP
garlic powder	1 TSP
dried sage	1 TSP
dried thyme	1 TSP
dried rosemary	1 TSP
ground white pepper	½ TSP

Combine the vital wheat gluten and torula yeast or mushroom seasoning in a bowl. Add your choice of chicken or turkey-style flavourings.

Place the tofu, aquafaba or water and vinegar in a blender and blend until smooth, then transfer to a stand mixer fitted with a dough hook. Add the vital wheat gluten mixture, then knead on medium speed for 3 minutes to bring the dough together and form gluten strands. Remove from the bowl and use your hands to smooth the seitan dough into a 24 cm x 18 cm (9½ in x 7 in) rectangle. If the gluten resists, let the dough rest for 10 minutes to convince it to cooperate. The edges of the rectangle will remain thicker, so tear them off (about one-quarter of the total volume) and mould these into two drumsticks (1).

Fold a piece of foil in half so it is a little wider than the dough and lay the dough on top (do not wrap). Transfer to a steamer and place the drumsticks on top. Cover and steam for 30 minutes, then set aside to cool. Feel free to forget what you were doing until tomorrow or proceed below!

While the dough is steaming, prepare the stuffing mix as per the packet instructions. Incorporate the butter, then form the stuffing into a log and set aside for a few minutes to firm up. Lay the seitan dough over the stuffing log (2).

Use a sheet of plastic wrap to forcefully wrap the seitan around the stuffing, shaping the sides and stretching it as needed. Wrap a second sheet of plastic wrap from top to bottom of the roast and use it to tuck the ends under, making a rounded shape (3). Add a third sheet of plastic wrap, further shaping the roast as desired. Firmly place your hand down on one end of the roast, and allow the other end to balloon out, mimicking the shape of a poultry roast.

### TURKEY-STYLE FLAVOUR

white miso paste	2 TBSP
Maggi seasoning	1½ TBSP
canola oil (knead in last)	4 TBSP
chicken-style stock powder	1½ TBSP
onion powder	2 TSP
liquid smoke	1 TSP
ground allspice	¼ TSP
ground nutmeg	¼ TSP

### BIRD GLAZE

lemons, zested and juiced	3
garlic cloves, minced	6
finely chopped flat-leaf parsley	15 G (½ CUP)
dijon mustard	1½ TBSP
olive oil	2½ TBSP
sea salt	1½ TSP
black pepper	TO SEASON
chilli flakes	PINCH
rice paper sheets	2

Preheat the oven to 180°C (350°F). Grease and line a large roasting tin.

Combine the glaze ingredients in a bowl. Unwrap the moulded roast and carefully place in the prepared tin. Stab the roast vigorously with a skewer for extra glaze access points. Use a pastry brush to baste the roast with one-third of the glaze. Lay one yuba skin squarely over the roast and tuck underneath to seal in the stuffing (4). Spread over more glaze and press the two drumsticks down on the flatter end of the roast (they may shift while cooking – this is OK!).

Lay another yuba skin over the flatter part of the roast to secure the drumsticks, tucking under again. Cut the yuba left hanging off the roast up the middle and twist each piece tightly (5). Tie them together to create a bow – the ‘legs’ – at the back of the roast. Spread more glaze over everything (6).

Lay another yuba skin over the other half of the roast and tuck under once more. Brush over more glaze. Place the last sheet squarely over the whole roast, tucking underneath and bundling the leftover yuba at either side to make two loose ‘wings’. Stop, glaze and glisten. You should have one-third of the glaze left for basting. Use a knife to carve a cloaca into your roast for dramatic effect (you can think of it as a stuffing access point if that helps) and make a small slice in the yuba on the inner side of each drumstick. Tuck the yuba under the drumsticks to define them further. Pour 125 ml (½ cup) of water around the roast, cover with foil and roast for 30 minutes.

Remove from the oven, baste with half the remaining glaze and pour another 125 ml (½ cup) of water around the roast. Recover with the foil and roast for another 30 minutes. Baste again, remove the foil and roast for another 20 minutes. Brush oil over any parts that need to catch up on browning and dab water over any parts that have begun to blacken more quickly than the rest of the roast (i.e., the ‘legs’) and roast for a further 10 minutes. You may like to cover some of the darker parts with foil so that the skin browns evenly. Remove from the oven, rest for 20 minutes and serve.

**SERVES 8 WITH SIDES**





## GET THE LOOK

Following the instructions in this recipe will make a realistic-looking roast; if this isn't your speed, you can always mould the shape into a large featureless lump. Mmmm, roast featureless lump, just like Mum used to make!

# Roast Turkey with Honey Mustard Glaze



**This roast skips the seitan and hours upon hours of preparation. The longest part involves leaving something to simmer or bake so you can go and have a drink. It's the perfect excuse to make some killer sides to go with this masterpiece of a plant-based centrepiece: think gravy, roasted vegetables, green beans or potatoes. The more fixings, the more likely people will foolishly fill up too quickly and leave you precious leftovers.**

## INGREDIENTS

### VEGAN STUFFING

dairy-free butter	85 G (3 OZ)
large onion, finely diced	1
celery stalk, finely diced	1
fennel seeds	¼ TSP
beer of your choice	60 ML (¼ CUP)
stale bread, processed into breadcrumbs	250 G (9 OZ)
orange, zested and juiced	½
chopped sage leaves	2 TBSP
chopped thyme leaves	2 TSP
dried marjoram	½ TSP
vegan worcestershire sauce	1 TBSP
nutritional yeast	15 G (¼ CUP)
sea salt and black pepper	TO SEASON
chicken-style stock	ABOUT 80 ML (⅓ CUP)

Preheat the oven to 150°C (300°F).

Start on the stuffing. Melt 2 tablespoons of the butter in a small frying pan over medium heat. Add the onion and celery and sauté for 5 minutes. Add the fennel seeds and beer and cook for 5 minutes or until most of the liquid has evaporated.

Meanwhile, spread the breadcrumbs over a baking tray and toast for 5 minutes.

Add the breadcrumbs to the onion and celery mixture, then stir through the orange zest and juice, sage, thyme, marjoram, worcestershire sauce, nutritional yeast and salt and pepper. Mix in the remaining butter and enough stock for the mixture to come together. Lay out a sheet of plastic wrap and heap the stuffing on top – you may not need all of it. (Extra stuffing can be baked for 30 minutes and served alongside the finished roast.) Enclose the stuffing in the plastic wrap and mould into a log. Place in the freezer while you proceed with the rest of the recipe.

Increase the oven temperature to 180°C (350°F).

To prepare the turkey meat, in a large bowl, combine the chicken mix with all the dry ingredients. Mix through the stock, Maggi seasoning and liquid smoke, allow to sit for 10 minutes, then stir through the oil.

Divide the turkey meat into thirds. Lay out a sheet of plastic wrap and place two-thirds of the turkey meat on top. Smooth it out until you have an even layer. Unwrap the stuffing log, then place this on top of the turkey meat. Use the plastic wrap to enclose and completely seal the stuffing in the turkey meat.

**TURKEY MEAT**

dry plant-based chicken mix	280 G (10 OZ)
dried sage	1 TSP
onion powder	1 TSP
dried rosemary	3/4 TSP
dried marjoram	1/2 TSP
ground nutmeg	1/4 TSP
ground white pepper	1/4 TSP
chicken-style stock	460 ML (15 1/2 FL OZ)
Maggi seasoning	1 TBSP
liquid smoke	1/4 TSP
vegetable oil	2 TBSP PLUS EXTRA FOR GREASING

**TURKEY GLAZE**

vegan honey or rice malt syrup	60 ML (1/4 CUP)
dijon or American mustard	2 TBSP
orange juice	1 TBSP
garlic powder	1 TSP

**TURKEY SKIN**

rice paper sheets	2
vegetable oil, for baking	

Using creative licence, shape the body into as realistic a turkey shape as you please – or a simple log will do. For an unrealistic twist, you can invent a creature from the depths of your imagination.

Form the remaining turkey meat into two larger drumsticks and two smaller wings, then position them on your roast. Press them in and reshape as needed so the proportions look right.

Lightly grease a baking tray with oil and place your roast on top. In a small bowl, combine all the turkey glaze ingredients. Use a pastry brush to spread some of the glaze over the roast.

For the turkey skin, briefly wet each rice paper sheet with water and wipe off the excess. When it's pliable, place it over the roast. Use kitchen scissors to trim the excess and cut the rice paper near the various 'folds' of the turkey so that it evenly covers the roast. Tuck in any loose ends and brush more glaze over the skin.

Cover the turkey with foil and roast for 1 hour, lovingly reglazing as needed every 20 or so minutes. Remove the foil and roast for a further 30 minutes until the skin begins to crisp up and turn golden brown. Carve it up, serve it up and when people remark 'Jesus Christ!' you can say 'No, it's supposed to be a turkey.'

**SERVES 8 WITH SIDES**

**GET THE LOOK**

This roast takes advantage of newer plant-based dry mixes for meat, which layer TVP, starches and methylcellulose together for you to just add water and fat. The versatility of this base ingredient makes for one of the best ways to control the shape and look of your homemade plant-based meat. Use a reference image or the guide in Bird roast (see page 103) to make this as alarmingly realistic as you please.