



LOVE the FOODS that LOVE YOU BACK

Clean, Healthy, VEGAN
Recipes for Everyone

Cathy Katin-Grazzini

Photography by Giordano Katin-Grazzini

RIZZOLI
NEW YORK

Eggless Salad

MAKES ABOUT 2 CUPS



A little vegetable sleight of hand and familiar seasonings like dill, capers, and cornichons evoke a tasty, healthy alternative to egg salad. As a classic luncheon fixing, enjoy it in a plump sandwich, mounded on a plate of fresh salad greens, stuffed to the brim in bell peppers and tomatoes, or smeared on Whole Grain Crisps (page 188).

1. Wrap the firm tofu in paper towels, and when they are saturated, discard them and wrap it again to absorb the tofu's water. Drain in a colander as you prepare the other ingredients, then cut into a medium dice.
2. In a large bowl, combine the firm tofu, dill, nutritional yeast, capers, mustard, scallions, turmeric, black salt, celery seed, cornichons, granulated onion and garlic, and freshly ground pepper. Add the mayonnaise and gently stir to combine well. Gently stir in the silken tofu. Taste and correct seasonings as you like. Refrigerate to thicken before using.
3. This eggless salad will keep in the fridge for about 5 days. If, over time, it releases more water, simply pour it off before using.

INDIAN BLACK SALT (KALA NAMAK)

Black salt is a seasoning popular in South Asian cuisines. Moistened, it gives off a sulfurous aroma. I use it whenever I want to evoke eggs; for example in Silken Vegan Mayonnaise (page 65) and Shakshouka (page 90). Black salt is rich in minerals like iron, calcium, and magnesium and contains far less sodium than other cooking salts.

PREP: 20 minutes

7 ounces firm tofu
3 tablespoons roughly chopped fresh dill
2 tablespoons nutritional yeast
2 tablespoons nonpareil capers
1 tablespoon Dijon mustard
2 scallions, thinly sliced, both whites and greens
 $\frac{3}{4}$ teaspoon ground turmeric
 $\frac{1}{2}$ teaspoon Indian black salt (optional; below) or
 $\frac{3}{4}$ teaspoon aka (red) miso
 $\frac{1}{2}$ teaspoon freshly ground celery seed
1 finely diced tablespoon cornichons or 1 tablespoon pitted diced Mediterranean or Middle Eastern green olives
 $\frac{1}{4}$ teaspoon granulated onion
 $\frac{1}{4}$ teaspoon granulated garlic
Several good grinds black pepper
 $\frac{1}{4}$ cup Silken Vegan Mayonnaise (page 65)
8 ounces silken tofu, cut in small dice

