

Greek Christmas casserole

This makes three 13 x 9 pans. It takes a long time to make. So if you're going to do it, might as well have enough to last a couple days.

Preparation

2 head garlic (18 cloves), crushed, peeled and minced
3 red or yellow onions, finely diced
Set aside

Tofu

2 containers firm tofu, Press for 15 minutes. Place on a cutting board in the sink, place another cutting board on top and heavy pan or object on top of that. Remove other items from the sink so nothing breaks if it falls over. Readjust the weight frequently so that it doesn't topple over.

When fairly dried out, break into bite sized bits. Place on parchment paper on a baking sheet and roast for 20 minutes at 375 degrees until golden brown

Pasta

2 pounds small pasta (ditalini, elbow macaroni or similar)
Boil pasta in salted water until al dente. Rinse with cold water and set aside

Tomato mixture

Half of the garlic and onions as prepared above
2 bell peppers, diced (green, red, yellow or orange)
1 small eggplant, diced
1/3 cup olive oil

Sauté with onions and peppers for on medium low until softened ~15 min.

Add

2 lg. cans crushed tomatoes, Muir Glen is best for this, it's less liquid
5 teaspoons salt
1 1/2 teaspoons oregano
1 1/2 teaspoons basil
1 teaspoon cinnamon
1/8 teaspoon nutmeg
1/2 teaspoon freshly ground black pepper
1 teaspoon cayenne pepper

Simmer for ~20 min until most of liquid is gone. (over)

Béchamel sauce

Half of the garlic and onions as prepared above

1/3 cup olive oil

In a very heavy pan, sauté on medium low in until soft.

Add:

1 cup oat flour

Mix with onions and garlic and cook over medium-low heat for ~10 min. until flour is toasted. Stirring every 15 seconds on medium low. Do not walk away or let this burn or you will have to discard and start this part again. No kidding!

Add:

~11 cups plain soy milk

4 cups Silk creamer

5 teaspoons salt

1/2 teaspoon freshly ground black pepper

1/2 teaspoon nutmeg

Whisk as you add the first cup of milk. Once all the lumps are out, add the rest of the milk. Stir every 30 seconds along the bottom until thickened. Turn off heat.

Green vegetable mixtures

Steam 3 lb. vegetables until just barely cooked.

You can use spinach, asparagus tips, broccoli or other desired green vegetable

Blending and Layering

Find three 13 x 9 pans: Add enough Béchamel sauce to pasta to moisten the pasta

- Spread half of total pasta on the bottom of three 9 x 13" pans.
- Spread all of tomato mixture across pasta layer in pans.
- Sprinkle tofu bits across the top of tomato mixture
- Add enough Béchamel sauce to green vegetables to moisten, spoon all of it on top of tofu
- Spoon the remaining pasta layer across the green vegetables
- Spoon remaining Béchamel sauce across the top.

Bake for 30 min. until golden brown on top. One pan usually feeds 4 people, so save the one(s) you don't need in the fridge until you are ready, and bake them fresh.