

Tofu gondi

Description

This plant based version of Gondi, a traditional Iranian chicken meatball soup, uses tofu with poultry spices and cardamom to replace the chicken. The tofu meatballs have a lovely yellow color thanks to the turmeric and are simmered in a delightful light broth flavored with cumin and leeks.

Recipe group	Additional name	Diet factors	Portions	Portion size
Soups	CJFE	VG, GF, NF, SF	12	13.91 oz

1 TOFU MEATBALLS

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2 cup	17.78 oz	2%	18.09 oz	Tofu, Extra Firm	Grate the tofu using the large grate part of a box grater. If you are not using super firm tofu, make sure to press as much liquid out as possible before grating. Transfer to a large bowl.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 1/2 cup	8.46 oz	0%	8.46 oz	Onions, Yellow, chopped	Grate the onion with the large grate and squeeze out as much liquid as possible. Transfer to the bowl with the tofu. Add the potato starch, poultry spice mix, salt, cumin, cardamom, and turmeric and mix very well. Slowly add the chickpea flour and mix very well, making sure that the chickpea flour is evenly dispersed.
	1/4 cup	1.44 oz	0%	1.44 oz	Potato Starch	
	2 tsp	0.09 oz	0%	0.09 oz	Seasoning, Poultry	
	1 1/2 tsp	0.15 oz	0%	0.15 oz	Salt, Kosher	
	1 tsp	0.07 oz	0%	0.07 oz	Cumin, ground	
	1/2 tsp	0.03 oz	0%	0.03 oz	Cardamom, ground	
	1/4 tsp	0.02 oz	0%	0.02 oz	Turmeric, ground	
	1 1/2 cup	6.37 oz	0%	6.38 oz	Flour, Chickpea	

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3					With a purple #40 disher: scoop and roll the balls as tight as possible. Transfer to a baking sheet and place uncovered in the refrigerator for 45-60 minutes.

4 SOUP

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3 tbsp	1.47 oz	0%	1.47 oz	Oil, Olive	For the soup. Place a large stock pot over medium high heat. Add the oil. Add the onion, cumin seed, and salt and saute until the onions are translucent, approximately 5 minutes, stirring frequently.
2 cup	11.28 oz	0%	11.28 oz	Onions, Yellow, chopped	
1 tbsp	0.21 oz	0%	0.21 oz	Cumin Seed, whole	
2 tsp	0.19 oz	0%	0.19 oz	Salt, Kosher	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	2 cup	6.20 oz	56%	14.16 oz	Leeks, sliced	Add the leeks and sauté for 3 minutes, stirring frequently. Add the garlic, turmeric, black pepper, cayenne, vegetable stock, and bay leaves. Stir well and bring to a boil. Reduce the heat to low, and simmer for 15 minutes.
	1/2 tsp	0.05 oz	0%	0.05 oz	Turmeric, ground	
	1/2 tsp	0.04 oz	0%	0.04 oz	Pepper, Black, table grind	
	1/4 tsp	0.03 oz	0%	0.03 oz	Pepper, Cayenne, ground	
	1 tbsp	0.53 oz	12%	0.60 oz	Garlic, cloves, peeled, minced	
	14 cup	7 lb	0%	7 lb	Stock, Vegetable	
	2 ea	0.02 oz	0%	0.02 oz	Bay Leaves, dried, whole	
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	2 tbsp	0.23 oz	60%	0.56 oz	Parsley, Italian, fresh, chopped	When the tofu meatballs are done chilling, roll them tightly again and gently place in the soup. They will rise to the surface. Simmer until cooked through, approximately 15 minutes. Do not overcook or the meatballs may break apart. Remove bay leaves and garnish with parsley and cilantro before serving.
	2 tbsp	0.26 oz	54%	0.56 oz	Cilantro, fresh, chopped	

RECIPE IMAGES



Tofu gondi

MEMO

This recipe was commissioned by the Center for Jewish Food Ethics, developed by Chef Mark Reinfeld, and tested by chefs at Humane World for Animals

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	0.82 g		
Total fat	7.07 g	29.40 %	212.61 kcal 889.58 kJ	Salt	0.21 %	Vitamins	
Saturated	1.20 g	4.97 %		Sodium	2,097.75 mg	Vitamin A	18.86 µg
Monounsaturated	3.31 g	13.78 %		Phosphorus	114.45 mg	Vitamin D	0.00 µg
Polyunsaturated	2.03 g	8.45 %		Potassium	485.72 mg	Thiamine	0.15 mg
Trans fatty acids	0.00 g	0.00 %		Iron	4.62 mg	Riboflavin	0.06 mg
Cholesterol	0.00 mg			Calcium	186.79 mg	Niacin	0.53 mg
Linolenic acid	1.82 g	7.57 %		Zinc	0.94 mg	Vitamin B6	0.21 mg
Alpha-linolenic acid	0.15 mg	0.00 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	28.37 g	54.21 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	4.50 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	50.81 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	3.07 g	2.76 %		Iodine	0.00 µg	Vitamin C	7.09 mg
Organic acids	0.00 g	0.00 %		Selenium	5.62 µg	Vitamin E	0.84 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.27 mg	Vitamin K	24.10 µg
Starch	0.00 g	0.00 %					
Protein	8.24 g	15.75 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		92.66 g	

CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.