



**WILLIAM K. NASSER, MD,
DINING A LA HEART 20TH ANNUAL FUNDRAISER**

VEGAN FIG TOFU FLAN

Coulis Syrup

8 Tbsp. Ideal light brown sugar

4 Tbsp. water

Pinch sea salt

Flan

1 cup medium firm tofu, mashed

2 Tbsp. Splenda

1 oz. sun-dried fig, chopped

1 Tbsp. Ideal light brown sugar

$\frac{1}{4}$ tsp. coconut extract

2 $\frac{1}{2}$ cups skim milk

$\frac{1}{4}$ tsp. agar powder or flakes

Sliced Strawberries

Lemon Zest

Directions:

Coulis Syrup

Bring water and sugar to a boil in a small pan with a heavy bottom over a low heat and simmer for 5 - 8 minutes. Remove from heat and set aside.

Flan:

Place tofu, 1 Tbsp. coulis, 2 Tbsp. Splenda, coconut extract, and salt in a blender. Set aside. Pour remaining coulis syrup into 8 custard cups or aluminum molds. Rotate each one to coat the base with the coulis syrup. Set aside.

Pour skim milk and agar into the same sauce pan as the coulis and bring to a boil, stirring constantly; reduce heat and simmer for 8 minutes. Add hot milk mixture to the tofu mixture in the blender and blend until smooth. Stir down the bubbles and pour tofu mixture into the molds. Skim off any remaining foam. Cover molds with plastic wrap and refrigerate until serving time, at least 2 hours. To remove the flan from the molds, heat 3 cups water in a saucepan, bring to a boil and set aside. Remove plastic wrap and dip flan molds into the boiling water for 30 seconds and turn upside down on a dessert plate. The flan should slide out easily. Pour any coulis syrup left in the bottom of the mold over the flan. Garnish each plate with mint, lemon zest and sliced strawberries.

Yield: 8 serving

Executive Chef Everardo Hernandez, Indiana Roof Ballroom, 140 W Washington, St. 236-1870

Nutrition Information: 120 Calories, 2 gm fat, 0 gm saturated fat, 0 gm trans fat, 0 mg cholesterol, 20 gm carbohydrate, 1 gm fiber, 5 gm protein, 40 mg sodium