

What Do I Eat to Replace Meat?

Hi everyone, this is Nancy. Today is May 15th, 2021. How are you doing? As a Buddhist, my diet does not include meat, egg and the five pungent plants: onions, garlic, leeks, scallions and chives because these five pungent plants repel guardians and attract ghosts. Unlike many people, my diet switch was quite easy. When I just started to learn Buddha Dharma at the beginning of 2011, I learned that all beings we met in life have affinity with us. I stopped eating meat and egg right away. It was not difficult for me at all because I did not eat much meat anyway, but I know this could take some time for some people to finish this switch. Everyone is different.

Today, I will share with you what I eat to replace meat and egg in daily life. Let's start from shopping.

Every a couple of months, I would go to the New Asia Market to get some soy bean based goods. There are different kinds of them, Tofu, Tofu Sheet, Dougan which is dried hard Tofu, Tofu Puff. There are also vegetarian meat made of soybean if you would like some. I normally don't touch those, but they may have better taste.

A couple of weeks ago, my group of people at work went out for lunch. I tried the beyond burger which was so yummy. I literally thought it was meat. It looked like meat and tasted like a meat. I almost felt guilty to eat it.

In the Asian market, I may also get some dried mushroom and peanuts. I always buy a lot of these, enough for 2 to 3 month, especially under today's situation. Of course, Asian vegetables that are not found in nearby stores are a must too.

Now, I will share with you some ways to cook these food.

For Tofu, I normally would store Tofu in the freezer to freeze it. When I decide to cook Tofu, I will take it out ahead of time to thaw it, maybe the night before cooking. Then squeeze the water out. Then wash and squeeze a couple of times. I do this so that the chemical that was used to make Tofu could be washed out. This salt, calcium sulfate or $MgCl_2$ has a character of cold. For most people it might not be a problem, but I found that it upsets my stomach if it does not get washed out. .

Depends on what type of Tofu you have. For extra firm Tofu, after you squeeze it, you might still be able to cut it into cubes. But for this one I have here, it cannot keep the shape. Heat the pan, pour some oil, then stir fry Tofu until it's yellow brown color. Sprinkle some salt. This simple dish is much like scrambled egg. You may eat as it, or with bread.

For Dougan, it could be stir-fried with many kinds of vegetables, cucumber, celery, carrot, napa, kale, and so on. For these dishes, you want to stir-fry Dougan first until it's brown-yellowish color, then put in the vegetables. I often made large amount of it during weekend for the next week. Of course, Dougan can be stir-fried alone. You may also eat it as snack.

For Tofu sheet, I normally stir-fry and then stew it with spices first to make it tasteful. Then add vegetables and keep stewing for some time. Vegetables that are good with Tofu sheet are radish. You may also use Tofu sheet to make salad.