



Vegan Ham with Maple Glaze



With its sticky maple glaze, this tofu-based vegan maple ham is delicious as part of a roast dinner spread.

Course Dinner, Main Course, Vegan
Cuisine christmas, vegan

Keyword air fryer, plant based christmas, vegan christmas, vegan roast

Prep Time 5 minutes

Cook Time 15 minutes

Total Time 20 minutes

Servings 2

Calories 219kcal

Ingredients

- 200 g smoked tofu
- 50 ml maple syrup
- 1 tsp smoked paprika powder
- 1 tsp dried savory
- 2 tsp mustard
- Whole cloves
- A pinch of salt

Instructions

1. For the maple glaze, mix together the maple syrup, smoked paprika, dried savory and mustard. Season to taste with salt.
2. Score the smoked tofu in a crisscross pattern (shallow cuts) and decorate with whole cloves if desired (not too many). Brush generously with the maple glaze.
3. Roast in the air fryer for 12 minutes at 180°C/370°F, brushing generously with the glaze every 4 minutes. Serve with the remaining glaze.

Notes

To make this vegan maple ham without an air fryer, you can bake it in the oven instead. Cook at 180°C/370°F, basting regularly with glaze just as you would in an air fryer.

It will take a little longer to get perfectly crisp and golden on the outside. After 15 minutes, check the 'ham' regularly to avoid it overcooking.

Cooking for one? Simply cut your block of tofu in half.

Either use half the amount of other ingredients and save the rest of your smoked tofu for a different vegan tofu recipe, or make up the vegan maple ham recipe as written, and cut the tofu in half after it's been scored and glazed.

Store the extra half of tofu 'ham' tightly wrapped or in an airtight container in the fridge for up to five days. Be sure to also reserve half of the glaze ready for cooking your leftovers. A small airtight lidded pot or jar is ideal for this.