* 7 ounces (200g) firm tofu
* 1/4 cup cashew butter (or almond butter)
* 3 tbsp cognac
* 2 tbsp melted coconut oil
* 1 tsp maple syrup
* 2 shallots
* 3/4 tsp thyme
* 3/4 tsp rosemary
* 1 bay leaf
* 1 tbsp freshly chopped parsley
* 1 tsp onion powder
* 1 tsp nutritional yeast
* 1/2 + 1/8 tsp salt
* 1/4 + 1/8 tsp [four spice](http://amzn.to/2zeITBH)
* 1/4 tsp ground black pepper
* 1/8 tsp nutmeg
* 1 20-ounce can young green jackfruit