

Recipe Name Crispy Tofu Stir Fry – serves 2-4**Ingredients:****Base Sauce:**

4 Tbsp. Coconut Aminos
1 Tbsp. Mirin
1 Tbsp. Fish Sauce
2 Tbsp. Rice Vinegar (not seasoned)
2 Tbsp. Toasted Sesame Oil

Additions (optional – I will add them!)

*1 tsp. minced garlic, 1 tsp. minced ginger, 3 scallions, finely chopped,
1-2 tsp. Gochujang (spicy fermented chili paste),
1-2 tsp. sambal oelek (chili sauce)*

Stir Fry:

1 block extra firm tofu (15oz)
2 Tbsp. organic cornstarch
Toasted sesame oil
Avocado oil OR Coconut oil
Cornstarch/water slurry – 1 Tbsp. Cornstarch/2 Tbsp water
¼ cup water
¼ cup cashew (or peanuts) - optional
Fresh vegetables – about 4-6 cups (whatever you like, below is what I like: I do not use all of these each time, but rather I like to change it up with whatever is fresh) I will use at least broccoli, mushrooms, carrots and peas in class.
Broccoli
Asparagus
Red pepper
Mushrooms
Sugar snap peas or Snow peas
Bok choy
Watercress
Carrots
Water chestnuts
Napa cabbage
Daikon radish

*Cooked rice/buckwheat ramen noodles/rice noodles/ veggie noodles or cauliflower rice as base. Cook according to package directions. These should be prepared ahead of time. I will be using rice noodles in class.

Directions:

1. Remove extra firm tofu from packaging and drain. Slice into $\frac{1}{2}$ - $\frac{3}{4}$ " slices. Lay a towel or 4 layers of paper towels down on a cutting board. Lay tofu on top of towel and then add another layer of towel/paper towels, followed by another cutting board. Now place a cast iron skillet or other heavy pan on top. The idea is to press out much of the liquid from the tofu. Leave this for about 30 minutes. (If you have a tofu press, go ahead and use it instead : D)
2. Prep all vegetables while your tofu is pressing as once the cooking begins, it will go very quickly. During this time, you can also toast your nuts if using. Use a dry sauté pan over medium heat, moving nuts around frequently until they begin to get fragrant and golden. Remove from pan and set aside.
3. Combine all sauce ingredients in a small bowl and whisk together. Set aside
4. Remove tofu from press and cut into $\frac{1}{2}$ - $\frac{3}{4}$ " chunks. Toss tofu in 2 Tbsp. cornstarch. Use leftover cornstarch to create a slurry with a couple Tbsp. of water. This will be used to thicken our sauce if needed at the end.
5. Heat wok or large, heavy, sauté pan with 2-3" high sides over high heat. Once hot, add 1-2 Tbsp. avocado oil, a sprinkle of salt and pepper and **then** add tofu, making sure that the pieces are all separated. Let sit for about 3 minutes until you see the bottoms beginning to brown. Turn tofu pieces and repeat until at least 4 sides have been browned and are crispy. Remove tofu from pan to plate and set aside.
6. Add 1 Tbsp. avocado oil to wok and add hard vegetables like broccoli, carrots or daikon and toss. Add $\frac{1}{4}$ cup of water and cover with the lid of a large pot for about 2 minutes until vegetables are just beginning to get tender.
7. Remove lid, add the rest of your vegetables and your sauce. Toss, stir frying for 1-2 minutes. Add cornstarch/water slurry as needed to thicken your sauce, stirring constantly until sauce is thickened (about 1 more minute). If it gets too thick, you can thin it out with extra coconut aminos, toasted sesame oil and/or water.
8. Add tofu and noodles (if using) and toss. If not using noodles, serve over cooked rice, veggie noodles or cauliflower rice.