



Recipes

Tofu and Tempeh

Tofu Stir-Fry

Prep Time: 10 minutes

Marinade Time: 30 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Ingredients:

- 1 pound firm tofu
- 2 to 3 tablespoons olive oil
- 2 tablespoons sesame oil

Marinade:

- 1 tablespoon ginger juice
- 1/2 tablespoon tamari soy sauce
- 1/2 cup brown rice vinegar
- 1/2 cup toasted sesame oil
- 1/2 cup chopped fresh cilantro
- 2 cloves shredded garlic

Directions:

1. After draining, cut tofu into 1-inch squares.
2. Combine ginger juice, tamari, vinegar, oil, cilantro and garlic in a medium-sized bowl.
3. Add tofu to marinade and refrigerate for at least 30 minutes or overnight.
4. Heat olive oil and sesame oil in a skillet.
5. Add tofu and quick stir-fry until tofu becomes golden brown.

Notes:

- Try pressing the tofu 15-60 minutes. This will increase the ability of the tofu to absorb flavor and will make the tofu crispier. To press tofu, place it in a strainer over a bowl. Cover tofu with a plate and place a heavy object on top, pressing the tofu.
- To make ginger juice, grate about 2 inches of ginger into a piece of cheesecloth or a dishtowel. Wrap the cloth or towel around the ginger and squeeze into bowl.