Bean Curd Home Style

Preheat oven to 375 degrees Fahrenheit bake setting

2 packages firm tofu: (not extra firm, it’s too dry)
1) press between two cutting boards with a weight on top for 20 minutes
2) Break into bite-sized pieces
3) Place on two baking sheets lined with parchment paper. One block per baking pan
4) Bake for 17-20 minutes until golden brown. Set aside.

Prepare about 8-10 cups of vegetables and put into two separate bowls. One for slow-cooking and one for fast-cooking vegetables. I usually use about 4 different types of vegetables and try to get a good mix of colors. Some of my favorite options below:

Slow-cooking:
- cauliflower
- zucchini squash
- summer squash

Fast-cooking:
- Broccoli
- Asparagus
- Carrots
- Snap peas (remove strings first)
- Bell Peppers

Additional options: Fresh Baby Corn, Water Chestnuts or Bamboo Shoots

• Mince finely an entire head of garlic. Peel by placing flat side of heavy knife on top of each clove (sharp side away from you) and leaning entire body weight on top of the knife/clove until the peel splits away from the clove. Remove skin, slice a very thin bit off the bottom, then mince all cloves into fine bits. It takes a while, I know.

Set aside 1-1/2 cups of water by the stove, you will need it later, but quickly, so prepare now.

• Heat heavy wok on high. Add:
  1/3 cup olive oil. Once oil is heated, add:
  the minced garlic. Vigorously stir the garlic, keeping the garlic inside the oil, and off the dry edges of the wok. Do not stop stirring, do not let it burn. 30 seconds on high heat

• After 30 seconds add 1-1/2 cups water and all of the slow-cooking vegetables to the wok. Mix well, scooping up from the bottom of the pan.

• Cover with a lid, leave on high heat, and cook these vegetables for about 8 minutes. This time assessment is for a home stove that gets pretty hot. If you have a less intense stove, you may need to double these cooking times. At the end of this step, the vegetables should be about 7/8ths cooked.
Meanwhile, now is the time to prepare the sauce in a small bowl:

The sauce

- 4 teaspoons cornstarch
- 2 Tablespoons tamari sauce

• Mix together with the back of a spoon until all lumps are gone.

• Add to this mixture:
  - 2 more Tablespoons tamari sauce (if you add all 4 T of tamari at once you cannot get the lumps out of the cornstarch)
  - 2 Tablespoons Blue Agave syrup
  - 1 Tablespoon balsamic vinegar
  - 2 teaspoons salt
  - 1/2 teaspoon red pepper flakes which will make it medium spicy (optional)

• **Set sauce aside.** When the 8 minutes are up for cooking the slow-cooking vegetables, check to see if they are about 3/4 or 7/8ths cooked. If not, make sure there is a little water in the wok, cover, and allow to steam until mostly cooked. When you are at this point:

  • Add the cooked tofu and the fast-cooking vegetables in to the wok. Stir them in and up from the bottom. If the mixture seems dry, add a 1/2 cup water. but don’t flood with water, a watery recipe is no good. Cover the wok and steam for 3 more minutes (or more if you have a cool stove). Once the fast-cooking vegetables are cooked:

    • Add the sauce you prepared on top and mix everything non-stop, scooping from the bottom with wooden spatulas for about 60-90 seconds, until sauce bubbles and thickens. Tricky part here—adjust water. If it’s too thick, you can add 1/4-1/2 cup water little water to thin it. Go cautiously with the volume of water so it doesn’t get too watery.

• Immediately turn off and serve with rice. Serves 3-4.

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