
Tofu & Fresh Garden Vegetable Stir Fry

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 10

1 pound tofu, cubed
3/4 ounce soy (low sodium)
1/4 cup ginger root, minced
3 cloves garlic
flour
1 1/2 teaspoons olive oil
1/4 teaspoon sesame oil
1 ounce scallions, chopped
1 each yellow, red, orange pepper, julienned
1/4 cup leek, diced
1/2 red onion, julienned
2 cups bok choy, chopped
1/2 cup napa cabbage, chopped
1/2 cup red cabbage, shredded
1/2 cup carrots, julienned
1/2 cup pea pods
1/2 cup yellow squash and zucchini, julienned
2 tablespoons sesame seeds
8 fluid ounces vegetable stock
3 1/2 fluid ounces soy sauce
1 tablespoons hot red bean paste
1/2 teaspoon five spice powder

Cut the tofu into cubes. Mix the soy, 1/2 the ginger root and 1/2 the garlic cloves in a bowl. Add the tofu and marinate for at least 10 minutes. Drain tofu and dust lightly with flour.

Combine the olive oil and sesame oil in a wok on medium heat. Add the tofu and stir fry until light brown. Remove the tofu and place on a warm plate. Add the remaining half of ginger and garlic. Add the scallions. Stir fry until you can smell the aroma. Add all the vegetables starting with the vegetables that take the longest to fry - carrots, peppers, onions, squash, cabbage, bok choy, leek and pea pods. Vegetable stock may be added to assist in the steaming of the vegetables. When the vegetables are cooked but firm, add the tofu to reheat. Add the sesame seeds, soy sauce, the hot red bean paste and five spice powder.

Serving Ideas: Serve over a bed of brown rice.

Vegetarian Entrees