



TOFU WITH COCONUT MILK

Makes 4-6 servings.

Tofu's versatility as a base for different flavors is plentiful. This family-style dish is sweet and savory, and I serve it as a family main course over steamed rice.

INGREDIENTS

- Two 14 ounce packages firm organic tofu, drained
- 5 tablespoons vegetable oil
- 4 garlic cloves, finely chopped
- 2-inch piece ginger, peeled, grated
- Two, 13.5 ounce cans unsweetened coconut milk
- 3 tablespoons low sodium soy sauce
- 1½ tablespoons honey
- 2 tablespoons rice vinegar
- 2 cups edamame (See Note)
- 1 cup cashews, toasted, coarsely chopped
- Kosher salt
- Freshly ground black pepper
- ½ cup loosely packed mint leaves, torn for garnish

PREPARATION

1. Slice the tofu in half horizontally and then cut into about 1 inch squares. Place on a cutting board over many layers of paper towels and place more paper towels on top. Cover with

another board to extract all the moisture.

2. In a wok or heavy skillet, heat 4 tablespoons vegetable oil and sauté the tofu over high heat, stirring from time to time until it is browned, about 6 minutes.
3. Transfer to a bowl and season with salt and pepper.
4. Add the remaining 1 tablespoon oil to the wok/skillet and sauté the garlic and ginger over low heat for a minute. Add the coconut milk, soy sauce, honey and rice vinegar. Boil over high heat until the sauce is reduced by half, about 6 minutes. It should be thick enough to coat a spoon. Add the tofu, edamame and cashews.
5. Season to taste and serve over rice or other grains.
6. Garnish with snipped mint.

NOTE

Frozen edamame shelled or unshelled is available in most stores and supermarkets.