

Black Pepper Tofu, Celery, Peanut Stir-Fry

Swick

Serves 2 to 3 | Active Time: 40 minutes | Total Time: 50 minutes

- 1 - 14 pkg. extra firm tofu, cubed
- 1 tbsp soy sauce
- 2 tsp water
- 1/2 tsp garlic granules
- 1/2 tsp onion granules
- 1/4 tsp freshly ground black pepper
- 3 tbsp cornstarch
- 1 to 2 tbsp oil (omit for oil-free)

To start, place the cubed tofu into a bowl and toss it with the soy sauce, garlic and onion granules, and pepper. Let it sit for at least 15 minutes or so to marinate.

In the meantime, preheat the oven to 400°F (200°C) and line a baking tray with parchment paper. You can also go ahead and prepare the rest of the ingredients for the dish.

When you are ready to bake the tofu, sprinkle the cornstarch over top and toss to evenly coat the tofu. If using oil, add that afterward and toss again to coat it in the oil.

Bake the tofu for 15 to 20 minutes, or until is a nice golden color. Alternatively, the tofu can be pan-fried and/or stir-fried in the wok before you make the rest of the dish. Once done, set aside.

- 2 tbsp soy sauce
- 1 tbsp water
- 1 tsp rice wine vinegar
- 1 to 2 tsp sweetener, such maple syrup, palm sugar or agave
- 1 to 2 tsp coarsely ground black pepper

To start, mix together the soy sauce, water, rice wine vinegar, maple syrup, and freshly ground black pepper.

Taste for seasoning, add a bit more of any ingredient to nicely balance out the salty, spicy, acid, sweet ratio. This sauce is meant to have a good punch of all of those taste sensations. So if it's not salty enough, add a bit more soy — if it's not tart enough, add a bit more vinegar, etc. Set aside.

- 1 to 2 tbsp peanut oil (or other high smoke point oil)
- 1 1/2 cup diced celery
- 1/4 cup diced shallots or red onion
- 1/4 cup diced green pepper
- 2 tbsp Garlic-Ginger Paste
- 4 dried chilies, such as Chile de árbol
- 1/3 cup peanuts (raw or toasted are both fine)

To cook the stir-fry, heat a wok (or large fry pan) over medium heat. Once hot, add the oil, followed by the Garlic-Ginger Paste. Let cook for about 30 seconds or so and then add the celery, green peppers, shallots, and chilies. Let this cook for a few minutes, tossing regularly.

If needed, cover the stir-fry with a lid for a couple of minutes to create a bit of steam.

Next, add the reserved tofu and sauce and toss to evenly coat the ingredients in the sauce. Lastly, add the peanuts and toss. Serve immediately with rice or noodles.

Note: For oil-free, use a omit the oil and use a bit of stock. You can also use a non-stick pan or stainless steel fry pan instead of a wok — just be sure to preheat it properly so the ingredients don't stick.