

Broccoli Almond Sweet-and-Sour Tofu

This dish reminds me of really tasty Chinese takeout. I'm biased, though.



Vegan Yum Yum

Broccoli Almond Sweet-and-Sour Tofu

Makes 2 servings

step 1 Slice the tofu into triangles or small cubes. Smaller is better for this recipe, since smaller pieces won't have a tendency to break up when you toss them, and they have a bigger surface-area-to-volume ratio (read: they'll be crispier).

step 2 Toss the tofu with the egg replacer/water mixture until coated. Then toss in cornstarch until each piece is coated and dry, adding more cornstarch if needed.

step 3 Heat the oil in a large nonstick skillet or wok.

step 4 While the oil is heating, make the sweet-and-sour sauce. In a small saucepan, mix rice vinegar, water, sugar, tamari, ketchup, molasses, ginger powder, and salt and whisk over medium heat until the sugar and salt is dissolved. Add the cornstarch/water mixture and whisk until the sauce thickens. If you leave the sauce unattended now, it will thicken and burn, so keep an eye on it. When thick, turn off the heat and set aside.

step 5 Place the tofu in the hot oil, being careful not to burn yourself. You don't want the tofu to be crowded or the pieces will stick to each other, so fry it in batches if needed. Fry for 3 to 5 minutes until golden on the bottom, then gently turn and brown the other side. Right before you're going to take the tofu out, add the almonds. Let them fry in the oil for 30 seconds—no longer. They should barely change color

1 tub extra firm tofu, pressed
2 teaspoons Ener-G Egg Replacer plus 4 teaspoons water, mixed
¼ cup cornstarch
¼ cup peanut or canola oil
½ cup sliced almonds
1 to 2 cups steamed broccoli
sesame seeds for garnish (optional)

Sweet-and-Sour Sauce

3½ tablespoons seasoned rice vinegar
¼ cup plus 1 tablespoon water
2 tablespoons plus 2 teaspoons sugar
2 tablespoons tamari
2 teaspoons ketchup
1 teaspoon molasses
¼ teaspoon ginger powder
½ teaspoon salt
1½ tablespoons cornstarch plus 2 tablespoons water, mixed

to a light golden brown.

step 6 Drain the oil from the tofu and almonds (being very careful), and place in a large bowl.

step 7 Pour the sauce on top and gently toss to completely coat. The sauce should be thick and sticky; it shouldn't pool at the bottom of the bowl.

step 8 Serve immediately with fresh steamed broccoli, adding sesame seeds on top, if using. (Alternatively, add the broccoli in with the tofu before tossing with the sweet-and-sour sauce.)

Caramelized Leek and Spaghetti Squash Polenta with White Sauce

I'm not a huge fan of onions. My mother would always tell me, "Try leeks, they're milder! You'll like them!" Last season I roasted some leeks, but I couldn't really get into them. I could see how other people would like them, but they were still too "oniony" for me. This summer we received more leeks in our community supported agriculture (CSA; where you pay a farmer at the beginning of the season to supply you with vegetables for the year) box and I decided to give it another shot.

Meanwhile, I had a spaghetti squash sitting on my counter, and I couldn't figure out what I wanted to do with it. Everyone says, "Treat it like pasta—just add sauce!!" but I've had that before. Why aren't there more creative recipes for spaghetti squash out there?

Thus, Caramelized Leek and Spaghetti Squash Polenta was born. It's kind of crazy, but it's good. And just so you know, I think it'd be good without the squash as well, so if you don't feel like buying one, just try Leek Polenta and see how you like it.

