

Lesson 12 Recipe

Honey and Black Bean Tofu Stir Fry

Don't expect any exact measurements here, (It's not my style)

Use whatever ingredients you like. I had mine with no rice but the black bean sauce can be rather salty so use less if you are not having rice. The boys loved it with brown rice.

Black bean sauce is rather salty so use sparingly if you are unfamiliar with it.

Serves 3-4 people

Veggie oil to deep fry

1 packet of organic firm tofu

½ tsp salt

2 egg whites beaten

1 tbs corn flour

1 “ peeled and finely chopped ginger

1 clove garlic crushed

2 red chilies

¼ cauliflower florets

1 green pepper

3 carrots into cut into sticks

1 cup snow peas

1 cup bean sprouts

Bunch green onions

1 cup shitake mushrooms

1 tbs wild honey or more to taste

1 tbs black bean sauce (jar at grocery)

Some veggie stock at hand

First prepare the tofu, drain and cut it into chunks maybe 1.5” square. Sprinkle first with salt, then egg white, then cornflour. (use your hands to gently fold in each ingredient)

Deep fry in hot oil (I used grapeseed but use oil that you like). Fry until golden and drain on paper and set aside.

Then:

Stir fry garlic, ginger, chili and whatever veggies you are using in the pan wok that you drained of oil.

Cook veggies until bright colored and al dente.

Add the tofu along with maybe 1 tbs honey, and black bean sauce and some veggie stock depending upon your desired “wetness”.

(Serve with brown rice)

The great thing is you can taste and adjust as you go. What do you think it needs?