

## Orange Ginger Tofu & Vegetables



### **Makes:**

12 servings

### **Utensil:**

Saladmaster Food Processor  
9 Qt./8.5 L Braiser Pan with Cover

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### **Contributed By:**

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### **Recipe Description:**

Marinating tofu prior to cooking is a simple way to impart a lot of flavor to this easy to prepare dish. This is a tasty dish that works well for feeding a crowd and reheats easily.

3  
pounds  
extra firm tofu, organic

(1.4

kg)

1 <sup>1</sup>?<sub>2</sub>

cups

orange juice, fresh

(350

mL)

1

cup

vegetable stock

(240

mL)

1

tablespoon

orange zest, shredded, use Cone #1

(6

g)

4

cloves garlic, shredded, use Cone #1

1 <sup>1</sup>?<sub>2</sub>

teaspoons

ginger powder

(3

g)

<sup>1</sup>?<sub>2</sub>

teaspoon

ground cinnamon

(1

g)

3

tablespoons

tamari

(45

mL)

3

tablespoons

maple syrup

(63

g)

<sup>1</sup>?<sub>2</sub>

teaspoon

natural salt

(3

g)

3

cups

green beans, cleaned, ends removed

(330

g)

1

head cauliflower, cleaned, core removed and cut into florets

2

cups

mushroom caps, cleaned and trimmed (cut in half if they are large)

(170

g)

1 <sup>1</sup>?<sub>2</sub>

tablespoons

arrowroot powder or cornstarch

(12

g)

<sup>3</sup>?<sub>4</sub>

cup

cashews, chopped and toasted

(150

g)

6

scallions, minced

forbidden black rice (optional)

### Directions:

1. Cut tofu blocks in half lengthwise and then cut each half into 6 pieces, for a total of 12 pieces per block and 36 pieces total. Place tofu in a serving dish.
2. In a large bowl, mix together orange juice, vegetable stock, zest, garlic, ginger, cinnamon, tamari, maple syrup and salt.
3. Pour marinade over tofu and let marinate for at least 30 minutes. Tofu can also be marinated in the refrigerator overnight.
4. Preheat pan over medium heat until several drops of water sprinkled on pan skitter and dissipate, approximately 8 - 10 minutes.
5. Drain tofu pieces from marinade, reserving marinade. Place tofu in pan in single layer and brown on both sides, approximately 4 - 6 minutes each side, with cover placed slightly ajar. Brown tofu pieces in two batches if necessary.
6. When tofu is browned, pour half the reserved marinade over tofu and top with green beans, cauliflower and mushrooms. Cover.
7. When Vapo-Valve? clicks, reduce heat to low and cook for approximately 12 - 15 minutes until vegetables are crisp tender.
8. Mix arrowroot or cornstarch into remaining marinade and pour over tofu and vegetables. Cook for an additional 5 - 8 minutes until sauce has thickened.
9. Carefully toss tofu and vegetables together with sauce.
10. Garnish with toasted cashew nuts and scallions.
11. Serve tofu and vegetables with sauce as is or with forbidden black rice.

## Tips:

- Add a pinch of cayenne pepper or crushed red pepper to marinade for a spicy sauce.
- Substitute vegetables for your favorite seasonal choices: asparagus, carrots, broccoli, summer squash, snap peas or peppers.
- Add an extra splash of vegetable stock when reheating if the sauce gets too thick.

### Nutritional Information per Serving

**Calories:**

191

**Total Fat:**

6g

**Saturated Fat:**

1g

**Cholesterol:**

0mg

**Sodium:**

540mg

**Total Carbs:**

23g

**Dietary Fiber:**

5g

**Sugar:**

11g

**Protein:**

14g

Nutritional analysis does not include black rice