Food Studies 9

**Tofu Stir-Fry**

**Day 1:**

**Ingredients Tofu Marinade:**

¼ package of sliced firm tofu, cubed

30ml soy sauce

5ml brown sugar

1 clove minced garlic

5ml minced ginger root

**Method:**

1. Slice tofu into square inch pieces.
2. In a small bowl, mix tofu, ginger, soy sauce and brown sugar. Cover (label with your names and block) and refrigerate until next class.

**Day 2:**

**How to Cook Rice**

Serves 4/5 – Make 1 per group

|  |
| --- |
| 300ml rice  600ml cold water  2ml salt |

1. Measure all three ingredients into a medium pot that has a tight fitting lid.
2. Put lid on pot and turn heat to high.
3. When water boils, lift the lid and give the rice a quick stir with a fork.
4. Replace the lid. Lower heat to the lowest setting on the stove.
5. Set timer for 20 minutes. DO NOT PEEK DURING THIS TIME!
6. After 20 minutes, you should see ‘fish eyes’ on the surface of the rice and the kernels should have absorbed all the water.
7. Lightly, with a fork, lift the rice a few times to fluff it up.

**Teriyaki Sauce:**

35 ml brown sugar- packed

8 ml sesame oil

35 ml rice vinegar

8 ml cornstarch

35 ml water

1 clove minced garlic

35 ml soy sauce

5 ml minced ginger root

**To Fry Tofu:**

15ml vegetable oil

5ml sesame oil

5ml rice vinegar

5ml soy sauce

**Stir Fry:**

5ml vegetable oil

Onion, diced

Carrot, diced

Broccoli, diced

Pepper, diced

chopped fresh cilantro

**Method:**

1. Add all teriyaki sauce ingredients to leftover tofu marinade. Whisk together all the sauce ingredients until smooth. Set aside.
2. In a small pan, add the vegetable oil, sesame oil, rice vinegar, and soy sauce from the “to fry tofu”. Heat on medium/high heat. Add tofu. Stir fry until golden brown and crisp.
3. While tofu is cooking, chop up all vegetables.
4. Once tofu is cooked, set aside.
5. In a wok heat 5ml vegetable oil on medium heat. Add onions, cook until translucent. Add all other vegetables. Cook until tender crisp.
6. Add the sauce and cook 2 minutes or until thickened and bubbly.
7. Add tofu back to stir fry. Serve over the rice. Garnish with chopped cilantro.

