

Bean Curd Home Style

Preheat oven to 400 degrees Fahrenheit roast or bake setting
Start the rice!

- 2 packages firm **tofu**: (not extra firm, it's too dry)
- 1) press between two cutting boards with a weight on top for 20 minutes
 - 2) Break into bite-sized pieces
 - 3) Place on two baking sheets lined with parchment paper. One block per baking pan
 - 4) Bake for 17-20 minutes until golden brown. Set aside.

Prepare about 8-10 cups of vegetables of different colors and put into two separate bowls. Some of my favorite options below:

Slow-cooking:

cauliflower, zucchini squash, summer squash

Place in a glass bowl with a lid mostly covering it and microwave them for ~3 minutes to pre-cook so that they only require the same cooking time as the fast cooking vegetables when you add them all below.

Fast-cooking vegetables:

Broccoli, Asparagus, Carrots, Snap peas (remove strings first), Bell Peppers

Additional options: Fresh Baby Corn, Water Chestnuts or Bamboo Shoots

Mince finely 1/2 head of **garlic**. Peel by placing flat side of heavy knife on top of each clove (sharp side away from you) and leaning entire body weight on top of the knife/clove until the peel splits away from the clove. Remove skin, slice a very thin bit off the bottom, then mince all cloves into fine bits. It takes a while, I know. A garlic press makes it go faster

Prepare the sauce in a large bowl:

3 Tablespoons **cornstarch**

3 Tablespoons **cold water**

Mix together with the back of a spoon until all lumps are gone.

Add to this mixture:

1/2 cup **tamari** sauce

2 Tablespoon **balsamic vinegar**

2 Tablespoons **blue agave syrup** or **sugar** depending what you have

2 teaspoons **red pepper flakes** which will make it medium spicy (optional)

1/2 teaspoon **salt**

1 1/2 cups water

Set sauce aside:

Add to the wok 1/4 cup olive oil and the garlic, cook for 10-20 seconds. Add all the vegetables. Stir them in and up from the bottom continuously. Once the vegetables are cooked (don't overcook), add the baked tofu and the **sauce** you prepared above and mix everything non-stop, scooping from the bottom with two wooden spatulas for about 1-3 minutes, until sauce bubbles

(over)

and thickens. Tricky part here—adjust water. If it's too thick, you can add 1/4 or 1/2 cup water to thin it. Go cautiously with the volume of water so it doesn't get too watery. Better to have the sauce too thick than too thin. If you have added too much water, in a small bowl mix another Tablespoon of cornstarch with 1 Tablespoon of cold water and add it to the mixture and stir quickly. Then next time add less water...

Once it's the thickness you like, immediately turn off and serve with rice. Serves 4.

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