

# Tofu Slices in Peanut Sauce

(serves 4)

## Utensils & Appliances:

- apron
- chopping board
- chopping knife
- garlic press ✕
- medium grater
- vegetable peeler, optional
- measuring tablespoon [15 ml]
- measuring teaspoon [5 ml]
- 1/2 teaspoon [2.5 ml]
- 1/4-cup dry measuring cup [59 ml]
- egg-flipper for non-stick surface
- small spoon (for mixing sauce)
- 8" x 11" x 1 1/2" casserole [20cm x 27.5cm x 3.75cm]
- dinner knife
- small spatula
- microwave, or
- if not using microwave: non-stick electric frying pan or skillet
- if not using either microwave or electric frying pan: stovetop, for skillet

## Nutrition Facts

Serving Size (149g)  
Servings Per Container

Amount Per Serving

**Calories 190**      **Calories from Fat 70**

	% Daily Value*
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 790mg	<b>33%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 11g	
<b>Protein</b> 13g	

Vitamin A 0%      • Vitamin C 0%

Calcium 10%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000		2,500	
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

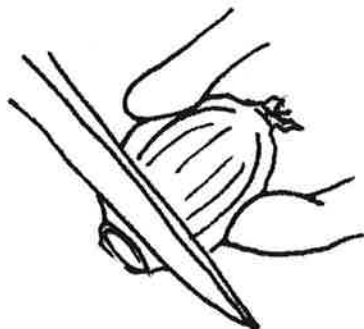
## INGREDIENTS:

- 1 pound block of firm or extra-firm tofu [454 - 500 grams]
- 1 tablespoon light peanut butter [15 ml]
- 1 tablespoon honey [15 ml]
- 1 tablespoon light soy sauce [15 ml]
- 1/4 cup hoisin sauce [59 ml]
- 1/2 teaspoon Asian sesame oil [2.5 ml]
- 1 or 2 cloves garlic to mince into 2 teaspoons
- gingerroot for freshly grating 1 tablespoon [15 ml]  
(keep gingerroot in freezer until the moment you grate it)

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## INSTRUCTIONS:

- 1. Into the rectangular casserole, put:
  - 1 tablespoon honey (you may need spatula to empty spoon),
  - 1 tablespoon soy sauce,
  - 1/2 teaspoon Asian sesame oil,
  - 1/4 cup hoisin sauce (you may need spatula to empty cup), &
  - 1 tablespoon light peanut butter.
- 2. For 2 teaspoons minced garlic:
  - (i) cut thin slice off blunt end of garlic clove to discard,



## INSTRUCTIONS (continued):

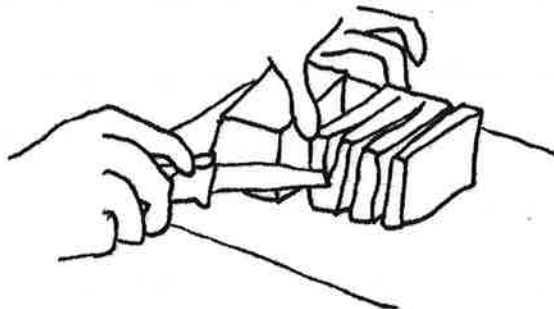
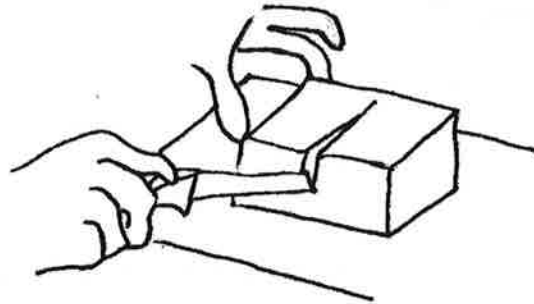
- (ii) cut garlic clove in half in either direction,
- (iii) peel off papery skins to discard,
- (iv) cut garlic clove into chunks,
- (v) put a few chunks in the garlic press,
- (vi) operate the press over teaspoon on chopping board,
- (vii) use knife to slice strands hanging off press into 1 teaspoon,



- (viii) dump pulp from inside garlic press onto chopping board,
  - (ix) chop pulp finely,
  - (x) add chopped pulp to 1 teaspoon,
  - (xi) add 1 full teaspoon minced garlic to casserole, &
  - (xii) repeat above steps in #2 until 2 teaspoons minced garlic cloves have been added to casserole.
3. To chop 1 tablespoon fresh gingerroot:
- (i) remove gingerroot from freezer,
  - (ii) use vegetable peeler to peel outer skin off a fresh gingerroot, and discard skin  
(OR if peeling ginger root is too difficult, you can rinse clean the gingerroot with its skin still on, under cool water and then dry it lightly on a clean tea towel or kitchen paper towel, and continue recipe),
  - (iii) grate gingerroot on medium-sized grater openings, until you have 1 tablespoon,
  - (iv) return any extra gingerroot to freezer immediately, &

## INSTRUCTIONS (continued):

- (v) add 1 tablespoon grated gingerroot to casserole.
- 4. Mix ingredients in casserole together thoroughly using a small spoon, and spread the mixed sauce over bottom of casserole using spatula.
- 5. Remove block of tofu from packaging.
- 6. Rinse tofu block under cool running water.
- 7. Gently shake off excess water.
- 8. With tofu resting on chopping board, use chopping knife to slice tofu (as if it were bread) into 8 slices, each slice nearly the same thickness.



## **INSTRUCTIONS (continued):**

- 9. Place the slices in the sauce, without slices overlapping.
- 10. Turn slices over in sauce, so they are covered on all sides with sauce.
- 11. Leave tofu slices to soak in sauce on counter while you cook another quick dish (or while you set the table or clean your utensils).
- 12A. If cooking in microwave:
  - (i) put casserole of tofu slices and sauce in microwave uncovered,
  - (ii) cook, uncovered, at HIGH for 3 minutes,
  - (iii) put on oven mitts to remove casserole from microwave,
  - (iv) use egg flipper to turn over slices of tofu,
  - (v) return casserole to microwave,
  - (vi) cook, uncovered, at HIGH for 2 minutes.

OR

12B. If cooking in electric frying pan or in skillet:

- (i) Assemble your non-stick electric frying pan and turn heat to 325°F (=160°C) (or, if using a non-stick skillet, put it on medium heat on stovetop).
- (ii) Put tofu slices in frying pan (or skillet) one at a time, lifting each one out of casserole using an egg-flipper.
- (iii) Once they're all in frying pan (or skillet) brown them on one side for 2 minutes.
- (iv) After 2 minutes, use egg flipper to turn them over to brown on other side for 2 minutes.
- (v) After 2 minutes, turn off electric frying pan (or stovetop).

## **Serve and enjoy!**

