

Cooking with Amanda – Lentils and Beans

Class 6 – Marinated tofu and kale with peanut sauce

My family's favorite meal, this is adapted from the classic Thai dish, Bathing Rama, but using kale instead of spinach. It is served over noodles. Serves 4.

Ingredients –

Tofu, Marinade, Kale and Noodles

- 1 block firm tofu, drained
- 1 cup water
- 1/3 cup soy sauce or Tamari
- 3 cloves garlic, peeled and crushed
- 1 tablespoon rice vinegar
- 1 tablespoon toasted sesame oil
- 1 bunch curly kale (or other sturdy greens)
- Noodles (Udon, Soba, or Linguini pasta work well) – approx. 2oz per person.

Peanut sauce

- 4 tablespoons peanut (or almond) butter
- 1 tablespoon maple syrup (or other sweetener)
- 3 tablespoons soy sauce
- 1.5 tablespoons rice vinegar
- 1 tablespoon toasted sesame oil
- 1 tablespoon grated ginger root
- ½ cup water (or more as needed)

Directions:

Slice tofu into 6 slabs. Wrap slabs in paper towels to press out the liquid. In a medium bowl, mix the marinade ingredients. Cut slabs in half, then half again diagonally to make triangles. Place triangles in marinade, trying to ensure that all are covered. Leave to marinate, ideally for 30 mins – 1 hour.

Rinse kale leaves, and strip leaves from stems if stems are tough. Layer leaves to form a pile and cut across the leaves to form 1" strips.

Mix peanut sauce ingredients in a small saucepan. The above steps can all be done ahead of time, to ease the time pressure. The remaining steps are best done simultaneously to have everything ready at the same time.

Bring a large pot of water to the boil for the noodles. Cook noodles according to package instructions until done. Drain noodles and place in covered serving bowl.

Add a little water to a skillet with lid, bring to the boil, and steam the kale until the leaves are wilted (5 mins). Drain the kale and place in covered serving bowl.

Add sufficient of the marinade to the skillet to cover the bottom. Place the tofu triangles in the skillet and simmer, turning over the triangles midway so that they brown on both sides. Serve into a bowl.

Bring sauce ingredients to a gentle simmer, stirring continuously until the sauce thickens. Add more water as needed to get the desired consistency. Pour into a small pitcher.

Each person will take some noodles, add kale and tofu on top, and then pour over the peanut sauce.