

Cooking with Tofu – Class 3

Hawaiian Stir Fry

Serves 6

- 2 cups brown or white rice
- 1 package firm or extra-firm tofu
- 3 Tablespoons soy sauce (tamari)
- ¼ cup vinegar
- 2 Tbsp cornstarch
- ¼ cup maple syrup, agave nectar or other liquid sweetener
- ½ cup vegetable stock
- 1 15oz can unsweetened pineapple chunks and juice
- 1 Tbsp ginger root, grated
- 1 medium onion, cut into wedges
- 1 green pepper, cut into 1” triangles
- 1 red pepper, cut into 1” triangles
- 1 5oz can sliced water chestnuts, drained

Boil rice in 4 cups water, or follow package instructions. Drain excess water when cooked and keep warm until ready.

Drain the tofu, and slice into 6 slabs. Wrap in a clean soft cloth or paper towels to press out the excess water. Cut the tofu into cubes and place in a bowl. Sprinkle soy sauce over tofu and toss so that all sides of the tofu are covered. Let marinate until everything else is ready.

Stir the vinegar and cornstarch together in a small saucepan until the cornstarch is smooth. Add the maple syrup and vegetable stock, and the juice from the can of pineapple. Gently heat the mixture, stirring until it's clear and bubbly. Set aside.

Heat a large non-stick skillet or wok. Add a little water and cook the ginger root and onion for 2 minutes, then add the peppers and cook for 2 more minutes. Add the tofu, the pineapple chunks and heat through. Add the water chestnuts and sauce and stir to ensure all ingredients are coated with the sauce.

Serve over rice.