



STIR-FRIED TOFU WITH EGGPLANT & CHOI SUM

(SERVES 4)

INGREDIENTS

300g firm tofu,
made with *Pink Lake Nigari*
500g baby eggplants
150g pickling onions
2 tablespoons oil
1 clove garlic, crushed
1 red chilli, cut into thin circles
1 tablespoon dark brown sugar
900g choi sum, washed thoroughly and cut into 5cm pieces
Grated zest of a lime
2 tablespoons lime juice
80ml light soy sauce
4 tablespoons fresh thai basil, torn

METHOD

Wrap the tofu in kitchen paper and leave to stand for 1 hour to firm up.
Cut the egg plants in half lengthways and set to one side.
Cut the tofu into 2cm squares and put onto some kitchen paper to drain.
Peel the onions and cut into quarters.
Now to cook: Heat the oil in a wok or large frying pan.
Add the onion, garlic and chilli, cook until the onion softens.
Be careful not to burn the garlic.
Add the eggplant and cook for about 2 minutes, until softened.
Mix the sugar with the lime juice and soy sauce.
Add the choi sum and cook until just wilted. About 2 minutes.
Add the tofu, sauces and lime zest.
Stir-fry, tossing gently until combined and the tofu is heated through.
Remove from the heat and stir through the basil.
Serve immediately.

Notes :

You can use a large eggplant if baby ones are not available In this case cut into thin half circle slices.
If you don't like the dish too hot remove the seeds and white membrane from the chilli, you could also substitute 2 small thai chillies if you like it hotter.
Use grated palm sugar if you can get it instead of the dark brown sugar.

For the meat eater:

Add 400g strips chicken, beef or pork. Cook this in the wok with a little oil and keep to one side until you have completed all the other stages. Add back in when you add the tofu.

Pink Lake Nigari an organically certified coagulant to enhance your Tofu making.

