Sweet and Sour Cabbage With Tofu and Grains

From – MARTHA ROSE SHULMAN

¾ pound firm tofu, cut into ¼ x ½ x 1 ½ inch slabs
2 Tbsp peanut or canola oil
1 Tbsp soy sauce
1 small onion, sliced
1 bunch scallions, thinly sliced, white and dark green parts separated
1 cloves garlic, minced
1 Tbsp minced fresh ginger
pinch of cayenne
1 medium cabbage, quartered, cored and sliced crosswise
3 Tbsp rice wine vinegar or sherry vinegar
1 ½ Tbsp sugar
2 tsp toasted sesame seeds (optional)
Cooked bulgar, rice, noodles or other grains for serving

• Blot the tofu dry with paper towels.
• Heat 1 Tbsp of the oil in a large skillet or a wok over medium-high heat and when it is rippling, add the tofu. Cook, tossing in the pan or turning over with tongs, for 2 to 3 minutes, until lightly colored. Add 1 tablespoon soy sauce, toss together for about 30 seconds, and remove from the heat. Set aside in a bowl.
• Heat the remaining oil in the pan over medium-high heat and add the onion. Stir-fry for about 3 minutes, until crisp-tender, and add the white part of the scallions, the garlic, and ginger. Stir together for about 30 seconds, until fragrant but not colored.
• Add the cayenne, stir in the cabbage and stir-fry until the cabbage begins to wilt, about 2 minutes.
• Stir in the vinegar, and sugar and continue to cook, stirring, until the cabbage is crisp-tender, 3 to 5 minutes.
• Return the tofu to the pan and stir together.
• Add more soy sauce to taste and stir together.
• Sprinkle on the scallion greens and sesame seeds and remove from the heat.
• Serve over grains or noodles.

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