

Stewed Tofu

2 servings

1 14 ounce (400 g) block firm tofu
1 tablespoon brown sugar
2 cloves garlic, minced
1 teaspoon chopped fresh thyme/ ½ teaspoon dry thyme
1 teaspoon chopped fresh chive/ ½ teaspoon dry chive
1 teaspoon chopped fresh celery / ½ teaspoon dry celery
2 teaspoons finely chopped onion
2 teaspoons finely chopped shadon beni (can substitute cilantro)
2 teaspoons corn flour
salt to taste

Drain tofu and pat dry. Blend green seasonings with corn flour, onion and garlic. Break off bite sized pieces of tofu and stir in blended seasoning mixture to coat pieces. Spray a thin film of oil on a toaster oven baking tray. Spread seasoned tofu pieces in one layer on tray, spray lightly with oil and toast in toaster oven for 6 minutes. Remove tofu from oven, turn and toast for a further 6 minutes. Add brown sugar to a heavy bottomed pan and when melted and bubbling, carefully add baked tofu, turn gently to avoid breaking the tofu into smaller pieces. Add salt to taste and water to deglaze the pan as necessary. Cook tofu for about five minutes until all pieces are browned and there is some gravy in the pan.

Serve with macaroni pie or rice and beans.

