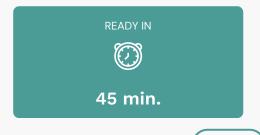


Black Pepper Tofu

Vegetarian







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

11 tbsp butter
3 tbsp ginger fresh chopped
12 garlic clove crushed
16 small spring onion cut into 11/4-inch segents thin
3 tbsp soy sauce light
5 tbsp peppercorns black crushed (use a mortar and pestle or a spice grinder)
8 to 5 chilies fresh red thinly sliced (fairly mild ones)
12 small shallots thinly sliced (12 ounces in total)

	4 tsp soya sauce dark
	2 tbsp sugar
	3 tbsp soy sauce sweet (kecap manis)
	1.8 lbs tofu firm
	4 servings spicy tofu
	4 servings vegetable oil for frying
Εq	uipment
	frying pan
	paper towels
	wok
Dii	rections
	Start with the tofu.
	Pour enough oil into a large frying pan or wok to come 1/4 inch up the sides and heat.
	Cut the tofu into large cubes, about 1 x 1 inch. Toss them in some cornstarch and shake off the excess, then add to the hot oil. (You'll need to fry the tofu pieces in a few batches so they don't stew in the pan.) Fry, turning them around as you go, until they are golden all over and have a thin crust. As they are cooked, transfer them onto paper towels.
	Remove the oil and any sediment from the pan, then put the butter inside and melt it.
	Add the shallots, chiles, garlic and ginger. Sauté on low to medium heat for about 15 minutes, stirring occasionally, until the ingredients have turned shiny and are totally soft. Next, add the soy sauces and sugar and stir, then add the crushed black pepper.
	Add the tofu to warm it up in the sauce for about a minute. Finally, stir in the green onions.
	Serve hot, with steamed rice.
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	Nutrition Facts
	PROTEIN 17.43% FAT 53.36% CARBS 29.21%

Glycemic Index:91.02, Glycemic Load:13.88, Inflammation Score:-9, Nutrition Score:29.232608789983%

Flavonoids

Kaempferol: O.3mg, Kaempferol: O.3mg, Kaempferol: O.3mg, Kaempferol: O.3mg Myricetin: O.14mg, Myricetin: O.14mg, Myricetin: O.14mg, Myricetin: O.14mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 803.06kcal (40.15%), Fat: 49.34g (75.92%), Saturated Fat: 22.32g (139.52%), Carbohydrates: 60.78g (20.26%), Net Carbohydrates: 50.38g (18.32%), Sugar: 28.58g (31.76%), Cholesterol: 83.96mg (27.99%), Sodium: 1621.01mg (70.48%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 36.26g (72.52%), Vitamin C: 142.16mg (172.32%), Manganese: 2.27mg (113.67%), Vitamin K: 83.1µg (79.15%), Calcium: 533.65mg (53.36%), Vitamin B6: 0.92mg (46.14%), Iron: 7.77mg (43.17%), Vitamin A: 2104.24IU (42.08%), Fiber: 10.4g (41.59%), Potassium: 870.33mg (24.87%), Copper: 0.43mg (21.52%), Magnesium: 74.91mg (18.73%), Folate: 66.65µg (16.66%), Phosphorus: 161.13mg (16.11%), Vitamin E: 2.05mg (13.65%), Vitamin B3: 2.41mg (12.03%), Vitamin B1: 0.17mg (11.14%), Vitamin B2: 0.19mg (10.98%), Vitamin B5: 0.77mg (7.69%), Zinc: 1mg (6.68%), Selenium: 3.98µg (5.69%), Vitamin B12: 0.07µg (1.11%)