



Fried Tofu with Mushroom Gravy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 2 tablespoons cooking wine dry white
- ☐ 2 large garlic cloves thinly sliced
- ☐ 4 servings mushrooms thinly sliced
- ☐ 1 small onion finely chopped
- ☐ 0.3 cup oyster sauce
- ☐ 1.5 tablespoons vegetable oil; peanut oil preferred
- ☐ 4 servings pepper freshly ground

- ☐ 0.3 teaspoon asian sesame oil
- ☐ 12 ounces shiitake fresh
- ☐ 2 tablespoons soya sauce
- ☐ 1.5 pounds spicy tofu soft
- ☐ 2 cups vegetable oil for frying

Equipment

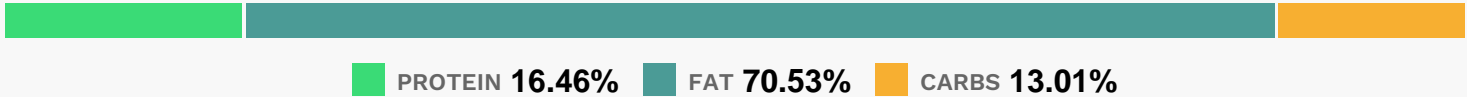
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ spatula

Directions

- ☐ In a large nonreactive skillet, heat 1 tablespoon of the peanut oil over high heat.
- ☐ Add the mushrooms in an even layer and cook, turning once, until browned, about 3 minutes on each side.
- ☐ Add 1 tablespoon of the soy sauce, toss to coat and cook for 2 minutes longer.
- ☐ Transfer the mushrooms to a plate. Reduce the heat to low and add the remaining 1/2 tablespoon peanut oil to the skillet.
- ☐ Add the garlic slices in an even layer and cook until golden brown, about 3 minutes. Increase the heat to moderate, add the onion and cook, stirring, until wilted, about 3 minutes.
- ☐ Add the white wine and scrape the bottom of the pan to loosen the browned bits.
- ☐ Add the oyster sauce and the remaining 1 tablespoon soy sauce and bring to a simmer.
- ☐ Meanwhile, dissolve the cornstarch in 1 cup of water and stir it into the sauce in the skillet. Return the mushrooms to the skillet and simmer the sauce until thickened, about 4 minutes. Stir in the sesame oil and season with pepper.
- ☐ Remove from the heat.

- ☐
- In a medium saucepan, heat the vegetable oil over moderately high heat until it registers 360 on a deep-fry thermometer. Gently pat the tofu dry with paper towels and carefully lower 4 slices into the hot oil. Stand back--the oil may spatter. Fry the tofu until golden brown, gently scraping it off the bottom of the pan with a slotted spatula if it seems to be sticking, about 4 minutes. Using the spatula, transfer the tofu to a baking sheet. Pat it with paper towels to remove excess oil, and keep warm in a low oven. Repeat the procedure with the remaining tofu slices.
- ☐
- Rewarm the mushroom gravy over moderately high heat, stirring.
- ☐
- Pour the gravy onto a platter, arrange the tofu slices on top and serve at once.
- ☐
- Notes: ONE SERVING: Calories 408 kcal, Protein 12 gm, Soy Protein 9 gm, Carbohydrate 16 gm, Cholesterol 0, Total Fat 2 gm, Saturated Fat 8 gm

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:2.16, Inflammation Score:-4, Nutrition Score:10.939565244738%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 443.69kcal (22.18%), Fat: 35.28g (54.27%), Saturated Fat: 5.12g (31.97%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 10.68g (3.88%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 914.49mg (39.76%), Alcohol: 0.77g (100%), Alcohol %: 0.23% (100%), Protein: 18.52g (37.04%), Vitamin K: 40.45µg (38.52%), Calcium: 228.66mg (22.87%), Vitamin B3: 3.94mg (19.71%), Vitamin E: 2.62mg (17.45%), Manganese: 0.32mg (15.91%), Fiber: 3.97g (15.89%), Vitamin B6: 0.31mg (15.71%), Iron: 2.74mg (15.2%), Vitamin B5: 1.36mg (13.62%), Vitamin B2: 0.23mg (13.41%), Phosphorus: 119.95mg (11.99%), Potassium: 326.87mg (9.34%), Selenium: 5.98µg (8.54%), Copper: 0.17mg (8.53%), Zinc: 0.99mg (6.61%), Magnesium: 24.34mg (6.09%), Folate: 18.48µg (4.62%), Vitamin D: 0.34µg (2.28%), Vitamin C: 1.8mg (2.18%), Vitamin B1: 0.03mg (2.12%)