



Panfried Tofu with Chinese Black Bean Sauce



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 teaspoons apple cider vinegar



1.5 tablespoons cornstarch



3 tablespoons sherry sweet dry (or)



1 pound extra tofu



2 tablespoons fermented black beans chinese



1 inch ginger fresh chunk



4 garlic clove



1 tablespoon maple syrup

- ☐ 4 tablespoons soya sauce
- ☐ 3 servings vegetable oil
- ☐ 5.5 cups water

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

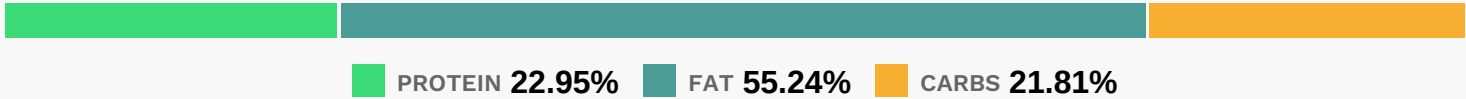
Directions

- ☐ Rinse the tofu, then cut crosswise into 6 slices. Put slices between several layers of paper towels and let drain while making the sauce. (You'll likely have to replace the paper towels at least once.)
- ☐ Prep the seasonings for the sauce: Peel the garlic cloves and the ginger, then quarter the ginger. Turn on your food processor and drop the garlic and ginger through the feed tube; they'll be minced in no time. Stop the machine and the black beans in a small sieve until the water runs clear.
- ☐ Add them to the food processor and pulse until coarsely chopped.
- ☐ For the liquid portion of the sauce, stir together the water, soy sauce, Sherry, maple syrup, vinegar, and the cornstarch until the cornstarch is evenly suspended. Now you're ready to cook the sauce!
- ☐ Generously film the bottom of a heavy 2-quart saucepan with the vegetable oil and heat over moderately high heat until hot but not smoking. Stir-fry the seasonings until fragrant, less than a minute. Stir the cornstarch mixture and add it to the pan.
- ☐ Whisk the sauce occasionally while bringing it to a boil and simmer 1 minute. Then set the sauce aside while you fry the tofu.
- ☐ Generously film the bottom of a 12-inch nonstick skillet with vegetable oil and heat over high heat until hot but not smoking. Blot up any excess moisture on the tofu with a paper towel before laying in the skillet. Fry the slices on all sides (forgo the short ends), turning them only

when the undersides are golden and crisp, 5 to 8 minutes total. (You may need to lower the heat as the frying progresses.) Give the tofu one last flip on a paper towel to sop up any stray oil and reheat the sauce.

☐ Serve with rice and broccoli, pouring sauce over all.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:2.31, Inflammation Score:-3, Nutrition Score:8.3334781453823%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 298.05kcal (14.9%), Fat: 18g (27.7%), Saturated Fat: 2.73g (17.08%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 14.55g (5.29%), Sugar: 6.47g (7.19%), Cholesterol: 0mg (0%), Sodium: 1460.84mg (63.51%), Alcohol: 1.54g (100%), Alcohol %: 0.29% (100%), Protein: 16.83g (33.66%), Vitamin K: 25.88µg (24.64%), Copper: 0.42mg (21.21%), Phosphorus: 192.8mg (19.28%), Manganese: 0.37mg (18.66%), Magnesium: 59.95mg (14.99%), Iron: 2.64mg (14.65%), Vitamin B2: 0.18mg (10.59%), Vitamin B1: 0.15mg (9.82%), Potassium: 337.65mg (9.65%), Calcium: 83.23mg (8.32%), Zinc: 1.18mg (7.84%), Vitamin E: 1.15mg (7.7%), Vitamin B3: 1.37mg (6.85%), Vitamin B6: 0.13mg (6.27%), Fiber: 1.44g (5.77%), Vitamin C: 1.36mg (1.65%), Selenium: 0.91µg (1.3%), Vitamin B5: 0.13mg (1.26%), Folate: 4.85µg (1.21%)