

SEARED STUFFED TOFU AND RED PEPPERS IN FRAGRANT SPINACH SAUCE

Yield: 4 -6 portions

Ingredients	Amounts
<i>Spinach Sauce</i>	
Canola oil	6 Tbsp.
Spinach	1 lb.
Onion, finely chopped	1 ½ cups
Poblano pepper, cored, seeded, diced	1 ea.
Ginger, grated	2 Tbsp.
Garlic, minced	2 Tbsp.
Coriander seeds, ground	2 Tbsp.
Cumin seeds, toasted, ground	1 tsp.
Cardamom, ground	¼ tsp.
Turmeric	½ tsp.
Serrano chiles, chopped	1-2 ea.
Water	½ cup
Salt	1 tsp.
<i>Stuffed Tofu</i>	
Nasoya Super Firm Tofu	8 oz.
Pear Chutney (recipe follows)	½ cup
<i>Spiced Oil</i>	
Canola oil	2 Tbsp.
Cumin seeds	½ tsp.
Asafetida	1 pinch
Kashmiri chile, coarsely ground	¼ tsp.
<i>Garnish</i>	
Micro cilantro	¼ cup
Radish, julienne	1 Tbsp.
Yogurt	¼ cup

Method

1. *For the Spinach Sauce:* Heat a saute pan over medium high heat. Add the oil, spinach, salt and pepper. Sauté to wilt. Spread on a baking sheet to cool.
2. Add 2 more tablespoons of oil to the same pan. Add the onion and pepper. Cook, stirring constantly until brown. Add the ginger, garlic, the spices, and chiles. Cook until aromatic, and then add the spinach and ½ cup water. Puree in a blender until smooth. Adjust seasoning with salt and pepper.
3. *For the Tofu:* Cut the tofu in half into 2 flat slabs. Lay the tofu in a single layer on a cookie sheet lined with paper towels and let dry for 10 minutes. Cut into 1 ½" pieces.

4. Heat a large, heavy, nonstick pan over medium heat. Add 4 tablespoons of oil and the tofu in a single layer to the pan. Cook until they turn light golden brown on both sides. Remove from the pan and set aside. Cut the tofu in half horizontally. Spread ½ teaspoon of chutney on the uncooked side of the tofu. Hold warm.
5. *For the Spiced Oil:* When ready to serve, heat the remaining 2 tablespoons of oil in a saucepan over low heat. Add the cumin seeds, and increase heat to medium. Once the cumin seeds start to pop, remove from heat and stir in optional asafetida and chili. Remove from the pan.
6. *To Serve:* Pour the sauce into a sauce pan and bring to a simmer. Cook over low heat for 2 minutes to warm. Do not cook too long or the color will dull.
7. Place the sauce on a plate top. Place a few pieces of stuffed tofu in the sauce. Garnish with micro cilantro and julienne radishes. Drizzle with spiced oil and yogurt.

PEAR CHUTNEY

Yield: 1 Cup

Ingredients	Amounts
Canola oil	2 tsp.
Black mustard seeds	1 tsp.
Onion, small dice	¼ cup
Ginger, minced	1 Tbsp.
Pears, peeled, seeded, diced	2 cups
Water	¼ cup
Sugar	2 Tbsp.
Cider vinegar	1 Tbsp.
Chili flakes or fresh chile	1 pinch
Salt, a pinch	1 ea.

Method

1. Heat the oil in a small saucepan over low heat. Add the mustard seeds, and increase heat to medium. Once the seeds start to pop, add the onions. Cook to slightly caramelized the onions. Add the ginger until aromatic.
2. Add the pears, water, sugar, vinegar, and chile. Bring to a simmer and let cook for 10 – 15 minutes or until the pears are tender and the consistency is jam like. Adjust seasoning with a pinch of salt. Let cool.

Variation: Substitute apples in place of pears.
Substitute yellow or brown mustard seeds in place of black.