

# **Black Pepper Tofu w/Broccoli**

## **Led by Karin Drosdick**

### **Ingredients**

- ☐ 12 oz firm tofu cut into 1 inch cubes (do not use silken tofu)  
You can substitute chicken pieces if you would like
- ☐ 2 tbsp oil
- ☐ Pinch of salt
- ☐ 1 tsp fresh ground peppercorns
- ☐ 1 shallot sliced or ¼ cup onion
- ☐ 4 cloves garlic rough chopped
- ☐ 3 cups rough chopped broccoli
- ☐ Corn starch
- ☐ Black Pepper Sauce
- ☐ 2 tbsp soy sauce
- ☐ 2 tbsp rice wine vinegar
- ☐ 2 tbsp water
- ☐ 1 tsp brown sugar
- ☐ ½ tsp fresh cracked peppercorns
- ☐ 1 tsp chili paste (optional)

### **Directions**

#### **Step 1.**

Cut tofu in 1 inch cubes and blot dry with paper towels.

#### **Step 2.**

Make the wok sauce, set aside.

#### **Step 3.**

Dredge the tofu cubes in corn starch and set aside. Corn starch gives it a crispy texture.

#### **Step 4.**

In a wok or large cast iron skillet over medium high heat, heat the oil as the salt and crushed peppercorns to the oil and cook 1 minute.

#### **Step 5.**

Add tofu to the seasoned oil and sear on all sides until crispy. Take your time this can take 5-6 minutes.

**Step 6.**

Set tofu aside and wipe out the pan. Heat more oil in the pan and add shallots or onions and garlic and broccoli. Cook for several minutes until broccoli is softened a bit. Add the wok sauce to the pan and stir so all is coated. Simmer for a few minutes, toss the tofu back in and stir and remove from heat and serve.

**Cooking Notes**

To experiment more with tofu cut in cubes and add to your own stir-fry or soups. Still curious? Look online for many new ideas and recipes.....Baked, breaded, stir-fried, pureed, sautéed.. tofu does it all.

Levels have to do with water content.

Extra firm - is good for marinating

Firm - break up and make a tofu scramble with veggies, stir fries

Soft - Blend into salad dressings, dips for a low calorie option

Silken - blend into puddings or smoothies.

Enjoy!!