Cold Ginger Tofu (Simmered or Pan Fried)
3-4 Servings

**Simmered**

Tofu, firm, rinsed, drained and patted dry 1 block
(preferably Mrs. Cheng)
Salt (for simmering the tofu in water) 1 to 2 tsp.
Star anise, whole 4 pieces
Ginger, crushed 1 small piece

**Sauce**

Oil, light (like safflower, canola) 1 tbsp.
Salt 1/8 tsp.
Ginger, fresh, minced 2 tbsp.
Garlic, minced ½ tsp.
Green onions, minced 1/4 cup
Chinese parsley, minced 1/4 cup
Toasted sesame oil (optional) 1 tsp.

1. Cut tofu in half horizontally then each half into 4 equal pieces.
2. In a pot of boiling water (use just enough to cover the tofu), add 1-2 tsp. salt, star anise and ginger.
3. Immerse the tofu and simmer for about 10 minutes.
4. Cool in broth, if possible.
5. Drain the tofu, pat dry and chill.
6. Heat oil and salt in a pan, then add the minced ginger, garlic, green onions, Chinese parsley*
7. Use a blender or food processor to combine the ingredients to a pesto-like in consistency (add 1-2 tbsp. water or additional oil if too thick.)
8. Cool and top tofu slices with a layer of the paste.

*If you want to use even less oil, you can blend the minced ginger, garlic, green onions, Chinese parsley in the blender without heating it with the oil in step 6.

Note on nutrition facts: The nutrition facts show a slightly high reading on sodium (670g) that you will actually ingest from this dish. The value accounts for all the sodium used in the recipe, while in fact the 1-2 tsp. salt is dissolved in the water to season the tofu while it is simmering. Not all of that salt will be added to the tofu once it is taken out of the liquid.