

Cold Ginger Tofu (Simmered or Pan Fried)

3-4 Servings

Simmered

Tofu, firm, rinsed, drained and patted dry (preferably Mrs. Cheng)	1 block
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 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.

Nutrition Facts	
Serving Size (132g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 670mg	28%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 13g	
Vitamin A 2%	Vitamin C 4%
Calcium 15%	Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	