

Denis's Ginger-Garlic-Honey Organic Tofu Dish (original "Shivers, Slaps and Silence" recipe)



Serves 2-3 persons / Preparation: 20 minutes

- 4 tbsp. roasted sesame oil
- 1 small-to-medium-sized onion, diced
- 1 chunk of ginger, to taste, finely chopped
- 1 large clove of garlic, finely chopped
- ½ medium-sized sweet red pepper, diced
- Juice of ½ lemon, to deglaze the pan
- 2 blocks of organic plain tofu, sliced
- 2-3 tbsp. organic honey, to taste
- Tamari organic natural soy sauce, to taste
- 2 tbsp. kudzu, arrowroot powder or corn starch, diluted in ½ cup water
- 2 tbsp. black roasted (dry) sesame seeds
- Rucola, or pre-cooked organic brown rice, for serving, or bread, if you prefer.

Preparation:

Heat half of the roasted sesame oil in a large skillet over medium heat and sauté all the slices of tofu on both sides, until golden. Continue until all the slices are done and set them aside, to free up the pan.

Heat the rest of the roasted sesame oil in the same skillet over medium heat. Sauté the onions for 3-4 minutes, then add chopped garlic and ginger, and sauté for another few minutes. When onion is almost transparent, add diced red pepper and sauté for 5 more minutes. Deglaze the pan with the lemon juice, add a few squirts of tamari soy sauce, add the honey and blend in the kudzu (or other thickener), stirring lightly but continuously, to avoid lumping. In a minute or two, when the sauce begins to thicken, push the vegetables to the edges of the pan, and add the previously set-aside tofu slices. Let simmer a few minutes, and serve immediately, onto a bed of light and summery rucola, or over a bed of hot rice, according to appetite or time of day. Sprinkle with the roasted sesame seeds, to add color.

Enjoy!