

Veggie Stir Fry with Tofu



We love our stir-fried veggies and always try to use whatever is left in the crisper, so it is never quite the same. The most common veggies are baby Bok choy, shiitake mushrooms and broccoli. Tonight, we had those plus some nice green beans, celery, zucchini, and onion as well as bean sprouts and scallions. You should probably have about 8 cups of veggies, but more is always good.

I have been working on a basic sauce for a while but recently started adding **Butter**

Cuisine, a delicious product developed by Brian and Lori Halloran, friends of ours from Jamestown. They make 2 vegan products in addition to their regular butter products. For this recipe, we use the Thai Coconut Butter, which is made with coconut oil, lemongrass, and other fresh herbs including turmeric, ginger, basil, cilantro, mint and lime juice. I add an ounce at the end, and it really adds a lot to the flavor of the dish. So give it a try if you see it on the shelf at your favorite market.

I like this dish on brown rice but sometimes use rice noodles or even crispy chow mein noodles if nothing else is available.

INGREDIENTS:

Tofu, ½ block-extra firm, dried and cut into cubes.

5 heads of baby bok choy-cleaned and cut into quarters lengthwise

1 zucchini-sliced

2 stalks celery-cut into ½ slices

½ sweet onion-sliced

Green beans-a few handfuls

Shiitake mushrooms-sliced

Bean Sprouts-1 bag

2 bunches of scallions-chopped

Broccoli-2 cups of flowerets

Ginger-1 inch piece, peeled and grated

Garlic-2-3 cloves chopped fine

SAUCE:

1/3 cup soy sauce or tamari

1 Tablespoon sesame oil

2 teaspoons sugar (I use coconut sugar)

½ teaspoon dry mustard

¼ teaspoon red pepper flakes

2 tablespoons rice wine

3 tablespoons water

1 tablespoon corn starch

BUTTER CUISINE-Thai Coconut Vegan Butter-1 ounce for finishing

Oil for cooking-avocado, canola, or grapeseed

DIRECTIONS:

1. Heat about 3-4 tablespoons of oil in a wok.
2. Coat the tofu with corn starch and add to the wok. Cook for about 5 minutes until tofu browns. Remove and drain on paper towels.
3. Add 2 more tablespoons of oil. Add the veggies except for the bok choy and stir fry for several minutes. Once the veggies begin to soften, add the bok choy and mix. Cook for another 2 minutes. Make a hole in the middle and add the ginger and garlic and cook a minute until fragrant and mix into the veggies.
4. Make a hole again in the middle and add the sauce mixture, let it thicken and then mix gently with all the veggies. Return the tofu to the wok and add the Butter Cuisine. Make sure the Butter Cuisine melts and gets evenly distributed through the dish.
5. Turn off the heat and add half a bag of bean sprouts and mix with the veggies.
6. Place the veggie/tofu mix on a platter and top with chopped scallions.
7. Serve with brown rice or rice noodles.