

Spicy Tofu With Lemongrass Stir-Fry

Serves 4

Adapted from Hodo Soy founder Minh Tsai, this recipe reflects Tsai's Vietnamese roots by incorporating browned tofu and vegetables in a sauce of lemongrass, ginger and coconut milk. Fresh lemongrass and rice wine are sold at well-stocked supermarkets and Asian grocers.

- 1 tablespoon fresh lime juice
- 1 tablespoon rice wine
- 1 teaspoon Vietnamese chile paste (or Tabasco)
- 2 stalks lemongrass (outer leaves removed), trimmed and finely minced
- 1 tablespoon minced fresh ginger
- 8 ounces firm tofu, diced
- ½ cup canned low-fat coconut milk
- ¼ cup vegetable broth
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon toasted sesame oil
- 1 teaspoon canola oil
- 2 carrots, cut into thin matchsticks

8 medium-size fresh shiitake mushrooms, stemmed and thinly sliced

- 1 cup small broccoli florets
- ½ cup thin, diagonally-sliced green onions

Rice

- 1 cup long-grain brown rice
- 2 cups vegetable broth or water
- 1 bay leaf

To make the stir-fry: In a medium bowl, stir together the lime juice, rice wine, chile paste, lemongrass and ginger. Add the tofu and toss to combine. Marinate for 30 minutes.

In a small bowl, mix together the coconut milk, broth, soy sauce, and sesame oil; set aside.

Coat a large saute pan with the canola oil and set over medium-high heat. Add the tofu and stir-fry for 2 or 3 minutes. Add the carrots, mushrooms, and broccoli and stir-fry for another 2 or 3 minutes.

Stir in the coconut milk mixture and green onions and cook until vegetables are tender, about 5 minutes.

To make the rice: Combine the rice, broth and bay leaf in a saucepan over medium heat and bring to a simmer. Reduce to low and cook, covered, until the rice absorbs all liquid, 30 to 50 minutes (see package instructions). Remove from heat. Discard bay leaf.

To serve: Place equal portions of the brown rice on each plate and top with the stir-fry.



Wine pairing: This dish is versatile enough to pair with white medium-bodied whites and light, less-tanic reds.