

Shallow Fried Tofu in Ginger Broth with Stir Fried Greens

Ginger is used in several ways with this soothing dish. A block of firm tofu is lightly coated in cornstarch and shallow fried so it develops a nice crust on the outside and is custardy and soft inside. Greens are stir fried with chopped ginger and ginger slices, and a ginger broth is made on top. Serve with white or brown rice.

Serves 2.

Ingredients

The Greens and Ginger Broth:

- 1 tablespoon vegetable oil
- 1 tablespoon chopped ginger
- 1 tablespoon very thinly sliced ginger
- 2 tablespoons scallions, cut about 1-inch long
- 3 cups mixed greens: kale, Swiss chard, dandelion greens, spinach, etc.; any combination.
- 1 1/2 tablespoons soy sauce
- 2 cups vegetable or chicken broth
- 1 tablespoon grated fresh ginger

The Tofu:

- One 14 ounce block firm tofu, cut in half
- About 1/4 cup cornstarch
- About 1/3 cup safflower or vegetable oil

Instructions

1. Cook the greens and sauce in a wok or large skillet: Heat the oil over high heat. Add the chopped and sliced ginger and scallions and cook 1 minute, stirring. Add greens and cook, 3 minutes, stirring. Add the soy sauce and broth and bring to boil. Reduce to low and simmer 5 minutes. Add grated ginger just before serving.
2. Meanwhile, cook the tofu: place the cornstarch in a shallow bowl or plate and coat the tofu on all sides. Heat oil in small skillet over moderately high heat until hot. Add tofu and cook about 2 to 3 minutes per side, until golden brown and crispy. Drain on paper towel.
3. Divide the greens and broth between two large bowls. Top with the tofu and serve hot.

