



# threesimple . . .

## . . . TOFU DINNERS

By Marge Perry

### tip

Buy tofu packed in water for these recipes; drain the water before using.

### 1 TOFU AND VEGETABLE STIR-FRY

1 tablespoon cornstarch  
1 cup water  
1/2 cup low-sodium soy sauce  
1/4 teaspoon Asian chili sauce (or to taste)  
1 tablespoon sesame oil  
1 teaspoon minced ginger  
2 minced garlic cloves (1 teaspoon)  
14 ounces (1 package) extra-firm tofu, cut into 3/4-inch cubes  
4 cups broccoli florets  
1 cup very thinly sliced carrots  
2 red peppers, cut into 3/4-inch dice

1. Combine cornstarch and 1 tablespoon water in small bowl, stirring until cornstarch is dissolved. Add remaining cup water, soy sauce and chili sauce; set aside.  
2. Heat oil in a large, nonstick skillet over medium-high. Add the ginger and garlic and stir-fry 30 seconds. Add the tofu in a single layer and cook until lightly browned, turning once, for a total of about 10 minutes. Transfer to a plate.  
3. Add broccoli, carrots and red pepper and cook, stirring, 1 minute. Add sauce and cook until the vegetables begin to soften and the sauce starts to thicken. Add the tofu back to the pan and cook until the vegetables are crisp-tender and sauce is glossy, about 2 minutes longer. Serve over rice. Makes 3 servings.  
Nutritional analysis for each serving: 257 calories, 19 g protein, 22 g carbohydrates, 6 g fiber, 13 g fat, 1 g saturated fat, 762 mg sodium

### 2 HOT AND SOUR SOUP

3 tablespoons cornstarch  
3 tablespoons lower-sodium soy sauce  
1/2 cup rice vinegar



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1 tablespoon Asian fish sauce  
2 teaspoons honey  
1 tablespoon canola oil  
2 cloves garlic, cut lengthwise into thin slices  
1-inch ginger, cut across into very thin slices  
4 ounces shiitake mushrooms, stems removed and caps thinly sliced (about 1 1/2 cups)  
8 cups lower-sodium vegetable broth  
1 (14-ounce) block extra firm tofu, cut into 3/4-inch cubes  
1 red pepper, cut into 2-by-1/4-inch strips  
1 cup shredded carrots  
8 cups fresh baby spinach  
3 scallions, cut into 1-inch lengths

1. Dissolve cornstarch in soy sauce; stir in vinegar, fish sauce and honey.  
2. Heat oil in a large pot over medium-high. Add the garlic, ginger and shiitakes and cook, stirring, 1 minute, or until the

mushrooms begin to soften. Add the broth and bring to a boil.  
3. Stir in the tofu, red pepper and carrots and simmer 4 minutes, or until the soup is slightly thickened.  
4. Stir in the spinach and scallions, remove from heat and serve immediately. Makes 4 servings.  
Nutritional analysis for each serving: 329 calories, 19g protein, 39 g carbohydrates, 9 g fiber, 12 g fat, 2 g saturated fat, 1,512 mg sodium

### 3 PEANUT-HOISIN NOODLES WITH GLAZED TOFU TRIANGLES

1 (14-ounce) block firm tofu, cut across into 6 slices  
8 ounces linguine  
8 ounces sugar snaps  
1 red bell pepper, cut into thin strips  
1 cup shredded carrot  
3 tablespoons rice vinegar, divided

2 tablespoons orange juice  
1 tablespoon brown sugar  
2 tablespoons low-sodium soy sauce  
1/4 cup natural-style peanut butter (no added sugar)  
3 tablespoons hoisin sauce  
1/2 cup lower-sodium vegetable broth  
1/4 cup chopped scallions

1. Cut each tofu slice across on the diagonal, place on a plate in a single layer, top with paper towel and a second plate to press the tofu for 15 minutes.  
2. Cook linguine in plenty of lightly salted boiling water, according to package directions. In last 2 minutes of cooking, add sugar snaps. One minute later, add the red peppers and carrots; drain.  
3. Make the tofu glaze: Combine 2 tablespoons of the rice vinegar, orange juice, sugar and soy sauce in a saucepan; bring to a boil, reduce heat and simmer until thick, 5 to 6 minutes.  
4. Heat broiler; coat broiler pan with cooking spray. Place tofu in single layer under broiler until lightly browned, about 4 minutes. Turn the tofu over, drizzle with the sauce and place back under the broiler until the glaze is thickened, about 3 minutes. Remove from oven.  
5. Make sauce for noodles: Combine peanut butter, hoisin, remaining 1 tablespoon of rice vinegar and broth in small saucepan over high heat. Stir and bring to a boil; immediately reduce heat to medium and cook, stirring, until color deepens and sauce is thick, 2 to 3 minutes. Remove from heat and toss with noodles. To serve, divide noodles onto 4 plates; top each plate with 3 pieces of tofu and garnish with scallions. Makes 4 servings.  
Nutritional analysis for each serving: 559 calories, 30 g protein, 73 g carbohydrates, 9 g fiber, 18 g fat, 3 g sat fat, 695 mg sodium

## drinks

The bookshelf is heavy this year. Here are some gifts for your imbibing associates, each to be enjoyed with a good drink at hand.  
You'll be sipping along with "The Oxford Companion to Beer" (Oxford, \$65), edited by Brooklyn Brewery's Garrett Oliver; it's an authoritative work that's also a lot of fun. Dip in anywhere and savor. For devotees, it's the book of the year.

"A Toast to Bargain Wines" (Scribner, \$15) by George M. Taber is a guide of the moment. When budgets tighten, finding good wines still can be easy. Best buys, market analysis, for this "golden age of wine."  
"1000 Great Everyday Wines" (DK Publishing, \$25), edited by Jim Gordon, stands out with recommendations about what to pour, country

by country, without overspending.

"Unquenchable" (Perigee, \$24) by Natalie MacLean is a personal, engaging trip around the world looking for bargains. It includes top values and some suggestions for menus and pairings.

"The Vineyard at the End of the World" (W.W. Norton, \$26.95) by Ian Mount traces the full-bodied history of wine-

making in Argentina, from the 16th century on, starring Malbec.

"Summer in a Glass" (Sterling Epicure, \$19.95) by Evan Dawson takes you on an informed, easygoing tour of the Finger Lakes region and its wineries. Very accessible. Have Riesling nearby.

"The PDT Cocktail Book" (Sterling, \$24.95) is by Jim Meehan, who concocts and

tends with the best. You'll want more than one beverage. It's like having the right seat at a party.

And to ensure you have something to nibble, there's DK Publishing's "Ultimate Food Journeys" (DK Eyewitness Travel, \$40), to guide you from dim sum in Hong Kong to deli in New York. Small world, big plate.

—PETER M. GRANOTTI