



a better world begins on your plate

**plant-based
eating**
ANIMAL PROTECTION
OF NEW MEXICO

Polynesian Fried Tofu



For this sweet and tropical dish, be sure to have a wok, two large, heavy bowls, apron, and splatter screen on hand before you begin. Serves two.

1 package (14-16 oz.) Extra Firm tofu

1/3 cup high temperature oil (safflower, peanut, or canola)

1 bunch scallions (green onions), chopped

5 cloves garlic, crushed or chopped

1/2 tsp peeled and chopped ginger root

1 8-ounce can crushed pineapple

4 tablespoons plum sauce

1 cup jasmine rice (prepared)

Drain tofu and pat dry. Cut into 1/2-inch cubes. Using cheesecloth or paper towels, to completely dry tofu. Drain the pineapple, setting juice aside. Heat oil in wok on high heat (or 350 degrees if using electric wok). Gently add tofu cubes using a slotted spatula. [Note: be sure tofu is completely dry! Water droplets in hot oil can be a dangerous splatter hazard.] Place splatter screen on wok and cook for five minutes, gently agitating contents of wok to avoid sticking. Flip tofu using spatula until golden brown. Remove from wok, cover, and set aside. Reduce heat to medium (300 degrees in electric wok) and add garlic, ginger, and scallions. Stir fry for two minutes. Add pineapple, fry for two minutes. Remove wok from heat. Add plum sauce and pineapple juice to wok contents, stir. Add tofu squares and stir. Serve over jasmine rice.