

Stir-Fried Vegetables & Tofu w/ Black Bean Sauce

Swick

Serves 1 | Active Time: 35 minutes | Total Time: 35 minutes

Step 1: Preparing the Tofu (optional)

- 1 pkg tofu (approx. 1 1/2 cup)
- 2 tbsp soy sauce
- 2 tbsp Shao Hsing rice wine (or dry sherry)
- 1 tsp sesame oil
- 1 tsp sambal oelek
- 2 tsp corn starch

Note that adding tofu is optional—this stir-fry is equally good without the tofu. Also note, if desired, tempeh can be used instead of tofu.

For the tofu, be sure to use a firm tofu and one that is preferably certified organic/non-GMO.

To prepare the tofu, cut into small pieces. Mix the remaining ingredients together and add the tofu. Stir to combine and set aside while you prepare the rest of your mise en place. Note that this step can be done well ahead and refrigerated.

Step 2: Preparing the Sauces

- 2 tbsp fermented black beans
- 1 tbsp garlic (about 3 cloves)
- 1 tsp Shao Hsing rice wine (or dry sherry)
- 1 tbsp soy sauce
- 1/8 tsp white pepper
- 1/3 cup vegetable stock or water
- 2 tsp vegetarian oyster sauce*
- 1/2 tsp sugar
- 1 tsp cornstarch

To prepare the black bean sauce, first rinse the black beans under cold water and drain. Finely mince the garlic. Using the back of a fork, mash the beans and garlic together in a bowl. Add the rice wine, soy sauce and pepper and stir to combine. Set aside.

To prepare the stir-fry sauce, mix the stock (or water), oyster sauce, sugar and cornstarch together, making sure to dissolve all of the cornstarch. Set aside.

*Note: Vegetarian oyster sauce is typically labeled as mushroom or shiitake flavored oyster sauce.

Step 3: Preparing the Remaining Ingredients

- 2 cups Chinese long beans*
- 1 cup red pepper
- 1 long Thai red chili (optional)
- 1 tbsp fresh garlic (about 3 to 5 cloves)
- 1 tbsp fresh ginger (about 1")
- 1/2 cup Chinese chives**
- 2 tbsp toasted cashews

*Note: Chinese long beans are also referred to as “snake beans”. If you cannot find these, you can substitute with green beans.

To prepare the ingredients, cut the long beans into 1- to 2" -inch pieces. Dice the red pepper into approximately 3/4 "-inch dice. Slice the Thai chili on the bias.

Mince the garlic and ginger. Slice the chives. **Note: If you cannot find Chinese chives, you can substitute with green onions.

Roughly chop the toasted cashews and set aside.

Step 4: Stir-Frying the Dish

- 1 to 2 tbsp peanut or grapeseed oil To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok over high heat. Once hot, cook the stir-fry according to the basic steps in the lesson. Keep in mind that vegetables should be added in the correct order so that they are all done at the same time.

Stir-fry tofu – remove. Stir-fry long beans — red peppers & sliced red chilies — add garlic & ginger — then add the black bean sauce and stir-fry for a few seconds — return tofu — add sauce — finish with chives and cashews. If needed, add a touch more oil during the stir-frying process. Serve immediately.