

Tofu Scramble

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Chef's Notes

- 12-14 oz tofu blocks
- Black salt is a sulfur-rich salt that despite its name is pinkish in color. Black salt is popular in Indian cooking, and once used has a distinct sulphuric aroma. For eggless cuisine, this salt is quite popular for scrambles and frittatas.

Preparing the Scramble

First, gather and prepare your mise en place.

To prepare the scramble, in a bowl, crumble the tofu, add the tamari and set aside.

Next, bring a fry pan to medium–high heat and add the olive oil. Add the onions and reduce heat to medium. Sauté until they are translucent and golden, then add the garlic.

*Alternatively, if omitting the oil, follow this procedure for the onions: add onions to a hot, dry pan and move them around rapidly. Once they begin to stick and begin to turn translucent, add the vegetable stock to deglaze and help caramelize the onions.

Once the onion and garlic are carmelized, add the peppers, spinach and crumbled tofu. Cook on high heat for 4 minutes until the ingredients begin to brown slightly.

Next, add the nutritional yeast, optional Indian black salt, turmeric and pepper and cook another 3 to 5 minutes.

Right before serving, add the handful of fresh italian herbs.

Step 1: Preparing the Scramble

- 1 1/2 blocks* of extra firm tofu, crumbled
- 2 1/2 tbsp tamari
- 2 tbsp olive oil (optional) or 3 tbsp vegetable stock if not using oil
- 1 cup white onion, small dice
- 2 cloves garlic
- 1 cup peppers, diced (red, orange etc.)
- 1 cup baby spinach
- 2 1/2 tbsp nutritional yeast
- 1/2 tsp Indian black salt (optional)**
- 1 tsp turmeric
- freshly ground black pepper, to taste
- 1/4 cup fresh herbs (such as flat-leaf parsley)