

Creamy Tofu Scramble

Swick

Serves 2 to 3 | Active Time: 20 minutes | Total Time: 30 minutes

Step 1: Gathering & Preparing Your Mise en Place

- 1 - 350 gr pkg extra firm tofu
- 1/3 cup finely chopped green onions
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp gr turmeric powder
- 1/4 tsp chili flakes, or to taste (optional)

For the tofu, drain and then break the tofu up into smaller “curd”-sized pieces.

Next, gather the remaining spices. This particular mix of spices goes well with the tofu but feel free to experiment to vary the flavor profile.

Step 2: Cooking the Tofu Scramble

- oil, for frying

To cook the tofu, heat a large fry-pan over medium heat. Once hot, add the oil, followed by the tofu. Quickly spread out the tofu so it cooks and colors evenly. Do not touch it for a few minutes — this will give it time to crisp up and color a bit — it will also make it less likely to stick to the pan.

Once the tofu has started to brown, gently toss it and then add the spices and continue to cook until it has heated through. Adjusting the heat, up or down, as needed.

Note: Either a non-stick (with non-stick the oil can be omitted, if desired) or stainless steel fry-pan can be used to cook the tofu, the stainless steel allows the tofu to take on a bit more color and crispiness, which is nice. If using stainless steel, it is helpful to use a flat metal spatula to stir and lift the tofu from the bottom of the pan.

Step 3: Finishing the Tofu Scramble

- 1/4 to 1/2 cup Cashew Cream
- sea salt, to taste
- freshly ground black pepper, to taste
- nutritional yeast, optional

To finish the tofu, add the Cashew Cream. The amount of cashew cream needed will ultimately depend on the consistency of the cream — how thick or thin it was to start with. For this particular recipe, we typically make a thicker cashew cream to start with. Another deciding factor is the consistency you prefer for the scramble — we like it quite creamy and thick, so we tend to use a bit more, rather than less.

Lastly, taste for seasoning, adding salt, pepper, and nutritional yeast as desired. Note that while the nutritional yeast is optional, it does add a nice “cheesy-ness” to the scramble.

Chef's Notes

This makes a great side but it can also be used as the filling for a variety of other dishes such as burritos.

Also, feel free to experiment with other spice combos, especially if you are using it as part of another dish.

This tofu scrambles goes particularly well with Potato, Pepper & Corn Hash.