



Tofu with Chinese Garlic Sauce

A Quick 'n Easy...and delicious tofu dish. Just cook up some brown rice, some greens, carrots, and you have a smashing, delicious, and fast macro meal to please everybody.

Tofu

1 lb. Tofu, cut into 1/2 inch slices
Sesame Oil

Heat large cast iron griddle and brush with a little sesame oil.
Brown tofu slices.

Sauce

1/4 Tbl. Soy Sauce	4-5 Garlic Cloves, minced
1/2 cup Water	1/4 cup Brown Rice Vinegar
2 Tbl. Rice Syrup	1/2 tsp. Spicy Sesame Oil
2 Tbl. kuzu (or arrowroot) dissolved in 1/4 cup. mirin or cold water	

Put all of ingredients, except dissolved kuzu in pot. Heat until boiling. Stir in kuzu and keep stirring till thick and clear. Serve over tofu garnished with sliced scallion or chopped coriander sprigs.