Tofu Satay



Makes: ~ 8 skewers

INGREDIENTS

TOFU SATAY

Whole Spices

2 tbsp. fennel seeds

1 tbsp. cumin seeds

1 tsp. black pepper

Aromatics

99 g / 3.5 oz. shallots (peeled)

60 g / 2.1 oz. galangal (peeled and grated)

40 g / 1.4 oz. ginger (peeled)

9 g / 0.3 oz. fresh turmeric (peeled)

4 garlic cloves (peeled)

1 lemongrass stalk (sliced)

1 tbsp. ground coriander

Seasoning

2 tbsp. grapeseed oil

1 tbsp. raw cane sugar

2 tsp. salt or to taste

Remaining Ingredients

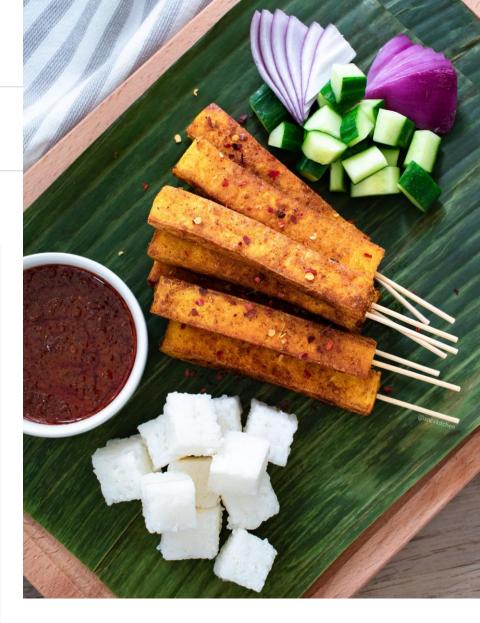
396 g / 14 oz. firm tofu (drained, pressed and sliced to ½" rectangles)

14 - 1/3 cup grapeseed oil

Sides

cucumber

red onion



TOFU SATAY

Preparing the whole spices

- 1. To a pan on low heat, add the whole spices.
- 2. Roast by stirring constantly until the spices are fragrant. The spices should turn slightly darker but not burnt.
- 3. Remove from heat.
- 4. Add the roasted spices into the food processor.

Preparing the spice paste

- 5. Into the same food processor, add the aromatics.
- 6. Blend / Process into a fine paste.
- 7. Add the seasoning and pulse the food processor a few times to combine with the paste.
- 8. Remove the spice paste from the food processor and set aside.

Tofu Satay

INGREDIENTS

SPICY PEANUT SAUCE

Aromatics and Spices

50 g / 1.8 oz. shallots (peeled)

- 3 4 garlic cloves (peeled)
- 8 dried red chili peppers (softened in water)
- 1 lemongrass stalk (use only white section; reserve green section)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 3 tbsp. water

Remaining Ingredients

¼ cup grapeseed oil

- 1 cup water
- 1 cup roasted peanuts (lightly ground)
- 3 4 tbsp. palm sugar or to taste
- 1 tbsp. tamarind pulp + $\frac{1}{2}$ cup hot water (mix the pulp and hot water together until a paste is formed. Discard seeds and reserve tamarind paste)
- 1 tsp. salt or to taste

Making the tofu satay

- 1. In a glass food container add the tofu rectangles.
- 2. Add and rub the prepared spice paste into the tofu.
- 3. Cover and refrigerate overnight.
- 4. The following day, remove the tofu from the refrigerator 30 mins before cooking.
- 5. In a skillet on medium heat, add the oil. Once the oil heats up, add the marinated tofu.
- 6. Pan fry the tofu on all sides until fragrant and cooked through. Add more oil during the pan frying process if necessary.
- 7. Present the tofu in bamboo skewers and serve immediately with sides as well as spicy peanut sauce.

SPICY PEANUT SAUCE

Preparing the spice paste

- 1. In a food processor, add the aromatics and spices.
- 2. Blend / Process into a fine paste. Set aside.

Making the sauce

- 3. In a small pot on medium heat, add the oil. Once the oil heats up, add the spice paste and the green section of the lemongrass.
- 4. Sauté until fragrant and toasty. You should see oil separation between the oil and spice paste.
- 5. Add the water, peanuts, palm sugar, tamarind paste and salt to taste. Stir to combine.
- Cook at medium low heat for ~ 10 mins or until thickened.
- 7. Taste test one last time. Adjust sugar and/or salt to your liking.
- 8. Turn off heat, cool and serve with tofu satay.