

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)
- ¼ - 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 + ¼ 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.
6. 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.