

BRYANNA'S SIZZLING TOFU AND MUSHROOM STEW Serves 3-4

© Bryanna Clark Grogan from my book *Authentic Chinese Cuisine for the Contemporary Kitchen*

<http://veganfeastkitchen.blogspot.ca/2006/06/chinese-sizzling-tofu-and-mushroom.html>

This is a very quick and easy Chinese hotpot dish, containing ingredients most of us have around all the time.

10 oz. extra-firm tofu, cut into 3/4" cubes

1 T. oil

Tofu Marinade:

1 T. soy sauce

1 T. minced ginger

1 T. dry sherry (or Chinese rice wine)

1/2 T. dark sesame oil

1 tsp. cornstarch

1/2 tsp. sugar

dash of white pepper

Vegetables:

1 T. oil

1 medium onion, thinly sliced

4 large fresh mushrooms, sliced

1/4 c. frozen petit pois (baby peas) (this time I used 1 cup of green soybeans or edamamé)

2 cloves garlic, minced

1 c. vegetarian broth

Thickener:

1 T. water

1 T. soy sauce

1 T. dry sherry (or Chinese rice wine)

1/2 T. cornstarch

Garnish: 1 green onion, chopped

Mix the tofu cubes with the Marinade ingredients and marinate at least 20 minutes, while you prepare the other ingredients and put some rice on to cook.

Heat a large wok, stir-fry pan or heavy frying pan over high heat. When it's hot, add the oil. When the oil is hot, add the tofu and marinade. Stir-fry until the marinade is absorbed and the cubes are glazed. Set aside.

In the same pan (or in a 1 qt. or larger clay pot with wire), heat the second tablespoon of oil over high heat. (Use a heat diffuser under the clay pot.) When the oil is hot, add the garlic and onion and stir-fry until the onion wilts. Add the mushrooms, peas, tofu cubes, and broth. Bring to a boil and then simmer, covered, for about 3 minutes.

Stir in the Thickener. Stir until the broth has thickened. Sprinkle with green onions and serve hot.