

Tofu with Orange Glaze

1 lb. Organic firm Tofu

½ cup fresh orange juice (or store bought fresh)

2 Tablespoons Tamari sauce (or low-sodium Soy)

2 Tablespoon cooking Sherry (found near vinegars)

2 green onions, sliced

¼ cup all purpose flour

1 ½ Tablespoons cold pressed or Expeller pressed oil

2 garlic cloves, minced

1. Lay tofu on its side and cut lengthwise into 6 slice about ¼ inch thick. Then cut diagonally so you have “triangles” of tofu. Place on paper towels (3-4 thick) and place another layer of paper towels on top of tofu. Place heavy pan or cookie sheet on top of tofu and let sit for 10 minutes.
2. In saucepan bring orange juice to boil and simmer for 5 minutes. Add Tamari, sherry, green onions and 2 Tablespoons of water. Simmer until consistency of syrup. Add more water if it gets thick.
3. In large non-stick fry pan, place oil and heat to medium. Place flour on plate. Un-wrap Tofu and roll each triangle in flour and place in fry pan. Cook until lightly browned, turn and cook until lightly browned.
4. Remove from pan and place on heated platter. Add garlic to pan and saute briefly. Sprinkle garlic into orange juice mixture and stir.
5. Pour orange juice glaze over tofu and serve with brown rice and side vegetable.