

INDIAN BUTTER TOFU

MISE EN PLACE - MIDDLE SCHOOL

TEAM: NAAN BELIEVERS

LAKE CHAMPLAIN WALDORF SCHOOL

ingredients

2 T. fresh lemon juice
1 T. ground cumin
1 heaping T. plus 1 t. ground turmeric
1 (16-ounce) packages firm tofu
8 T. unsalted butter (1 stick)
2 potatoes, peeled and cut into chunks-
parboiled
2 yellow onions, peeled and sliced
2.5 ounces spinach leaves, coarsely chopped
½ teaspoon ground chipotle chile powder
1/2 teaspoon garam marsala
4 garlic cloves, minced

3 carrots, diced
1 (28-ounce) can crushed tomatoes
1 cinnamon stick
1 t. paprika
1½ t. fine sea salt
1½ C. heavy cream
3 scallions, thinly sliced on the bias
¼ C. cilantro leaves and tender stems
Cucumbers
Greek-style yogurt
Basmati Rice
Naan

preparation instructions

Prepare the basmati rice and Naan- see the recipes

Prepare the vegetables: slice onions, slice carrots, peel and cube potatoes

In a large bowl, whisk the lemon juice, cumin and 1 heaping tablespoon turmeric with 1 tablespoon water to make a thin paste. Drain and pat the tofu dry then cut it into 1-inch cubes. Add it to the turmeric marinade, gently stirring to coat. Set aside at room temperature while you prepare the remaining ingredients.

Boil the potatoes and carrots until just tender.

In a large pot over medium heat, melt the butter. Add the onions, garam marsala and chile powder, and cook, stirring frequently, until onions are translucent, about 5 minutes. Lower the heat, and add garlic and cook, stirring occasionally, until the onions are starting to brown, about 5 minutes.

Add the tomatoes and their juices, gently crushing the tomatoes with your hands as you go. Add the cinnamon stick, paprika and sea salt along with the remaining 1 teaspoon turmeric. Cook until the tomatoes and onions break down and the sauce is the consistency of a thick ragù, about 10 minutes. Blend with an immersion blender, or transfer to a blender and purée until smooth. Return to the pot. Gently stir in the cream and the tofu and its marinade, spinach, and potatoes. Simmer over low heat, uncovered, until the tofu has taken on the color of the sauce and is flavored all the way through, about 5 minutes. Be careful not to break up the tofu.

Slice scallions and chop cilantro.

Serve the tofu and sauce warm over rice.

Sprinkle the dish with scallions and cilantro, accompanied by naan, yogurt raita and cucumbers.

local ingredients

Carrots from Lewis Creek Farm, Starksboro

Tofu from Vermont Soy, Hardwick

Onions from Full Moon Farm, Hinesburg

Potatoes from Sparrow Arc Farm, Guildhall

Spinach from Jericho Settlers Farm, Jericho

Cream from Monument Farms Dairy, Weybridge

Butter from Cabot Creamery, Cabot