

STIR-FRIED VEGETABLES

LIVELY LOCAL - HIGH SCHOOL

with noodles and crispy tofu

TEAM: THE SOUP DOGGZ

LAKE CHAMPLAIN WALDORF

ingredients

7 to 8 ounces thin rice stick noodles
1-16 oz packages firm tofu cut into 1 inch cubes
Tofu mariande and coating:
4 tbsp tamari or soy sauce
4 tbs pineapple juice
1/2 c cornstarch
1 tsp garlic powder
Ground black pepper to taste
1 tsp ginger, ground

Stir-fry sauce:
1/4 cup low-sodium soy sauce
2 tablespoons hoisin sauce
3 tablespoons rice wine vinegar
1 tablespoon toasted sesame oil
1 clove garlic, grated (or 1/2 teaspoon
granulated garlic)
One 1-inch piece fresh ginger, peeled and
grated (about 2 teaspoons, or 1/2
teaspoon ground ginger)
1 teaspoon sugar
Pinch of crushed red pepper flakes,
optional

ingredients

Stir Fry

2-6 tablespoons peanut oil or canola oil
4 tablespoon minced garlic
4 tablespoon minced ginger
¼ teaspoon red pepper flakes, or
1 to 2 teaspoon minced jalapeño
2 onions, in slices
2 stalks celery, washed and sliced on diagonal
3 carrots, scrubbed or peeled and cut in thin
julienne
1 cup celeriac, peeled, and thinly sliced and
julienned

1 green bell pepper, cut in thin julienne
1 red bell pepper, cut in thin julienne
4 oz shitake mushroom, sliced
½ pineapple, cut into cubes
2 head bok choy, washed and stems
sliced thin and leaves sliced in separate
bowls
2 cups spinach, stemmed and coarsely
chopped
1/2 cup vegetable broth, as needed
1 bunch scallions, trimmed and sliced
very thin
½ cup chopped cilantro
Salt to taste
cucumbers

preparation instructions

-Mix tamari and pineapple juice in a bowl large enough to hold the cubed tofu. Add tofu and marinate for 30-40 minutes.

Heat 4 cups of water until hot, place the noodles in pot and cover with warm water. Soak for at least 20 minutes, until soft. Drain in a colander, and set aside within reach of your wok or pan.

Combine the ingredients for the stir-fry sauce in a small bowl.

Combine the garlic, ginger and pepper flakes or minced jalapeño in another bowl. Have everything within reach of your wok or pan.

Wash and cut up all of the vegetables for the stir-fry.

Peel and cube the pineapple.

Heat a 14-inch flat-bottomed wok or 12-inch steel skillet over high heat until a drop of water evaporates from the surface within a second or two.

Swirl in 1-2 tablespoons of the oil by adding it to the sides of the pan and tilting the pan side to side.

Add the garlic, ginger, and chili, and stir-fry for no more than 10 seconds. Add the onions, and stir-fry for two minutes, then the carrots, celeriac and celery and stir-fry another 2 minutes. Add the peppers, mushrooms and bok choy stems and stir-fry for another two minutes.

Meanwhile, In wide bowl or plate, place $\frac{1}{3}$ cup of cornstarch, garlic powder, ginger powder and pepper.

preparation instructions

When the tofu has marinated, scoop it out of the marinade and place in the cornstarch mixture. Gently stir to coat all sides in cornstarch. Reserve any extra marinade.

Heat a non-stick frying pan over medium-high heat. When hot, cover the pan with with 3-4 tbsp canola oil

Cook tofu until browned on the first side, about 2-3 minutes. Flip each cube with a spatula and pan fry for a few more minutes on each side or until crispy.

Transfer to a plate and repeat this step with remaining tofu.

Add ½ of the stir fry sauce to the cooked vegetables, add the bok choy leaves, the spinach, the scallions, extra ginger, and pineapple. Stir-fry one to two minutes until warmed through. Taste for salt, add tofu marinade, if needed. Add the noodles and gently stir in to coat with the sauce.

Plate the stir-fry and add the tofu on top.

Garnish with cilantro, sesame seeds, and additional pineapple.

local ingredients

Tofu from Vermont Soy, Hardwick

Carrots from Lewis Creek Farm, Starksboro,

Onion from Full Moon Farm, Hinesburg

Spinach from Jericho Settlers Farm, Jericho

Celeriac from Pete's Greens, Craftsbury

Shitake mushrooms from 1000 Stone Farm, Brookfield