

RV GODDESS: Tofu & Baby Bok Choy in Sesame-Ginger Sauce

Not only is this dish delicious, it is simply BEAUTIFUL! The color of the bok choy is brilliant, and the ginger flavor strong and refreshing. If you cannot find baby bok choy, substitute regular bok choy. I serve it over Japanese rice (like Cal-Rose) in a straight-sided Asian noodle bowl with a fresh fruit platter and cold beer. Don't forget the chopsticks!

14 ounces extra-firm Chinese-style tofu
1/2 to 3/4 lb. baby bok choy
vegetable oil (I use peanut or sunflower oil)
Optional: sesame seeds as garnish

SAUCE:

2 teaspoons corn starch
1 Tablespoon water
1 Tablespoon soy sauce
1 Tablespoon dry sherry (optional)
1 tsp toasted sesame oil
1/2 teaspoon salt
1 Tablespoon freshly grated ginger
1 cup strong vegetable broth

Prepare the tofu: Heat oven to 400° and line a baking sheet with parchment paper. Rinse the tofu and cut it into one-and-one-half-inch triangles (or squares), about 1/3" thick. Place the tofu pieces between layers of paper towels to absorb some of the water from the tofu. Transfer the tofu triangles in a medium bowl and drizzle about one tablespoon of vegetable oil over the tofu and gently toss to coat. Arrange the pieces of tofu on the baking sheet in one layer. Bake for 15 minutes, then flip the pieces and bake for another 15-20 minutes, or until golden brown.

Prepare the bok choy: Wash the bok choy. Slice bok choy into 1-inch pieces, using leaves and stems, and spin in salad-spinner to remove as much water as possible.

Prepare the sauce: In a small bowl, dilute the cornstarch in a Tablespoon of water, and then add the remaining sauce ingredients. Set aside.

To make the dish: Coat the bottom of a pre-heated large skillet or wok with a few tablespoons of oil. Add the chopped bok, stirring on high heat for about one minute, until leaves are soft, brilliant green, and fragrant. Give the sauce a little stir, then pour sauce over bok choy and continue cooking for about one minute, until sauce is very thick. Add the baked tofu to the bok choy, only to quickly re-heat the tofu, and stir to coat all with sauce. Serve immediately, lightly sprinkled sesame seeds, if desired. Serves 4.