

CRISPY TOFU + ORANGE SAUCE



Tags: [Fall](#), [Kapha](#), [Pitta](#), [Spring](#), [Summer](#), [Vata](#)

Prep Time: 10 Min

Cook Time: 15 Min

Serves: 2

Directions:

1. Cut the tofu into 1/4 inch thick slices.
2. Mix the flours together in a bowl.
3. In a large skillet pan on medium heat pour ghee/oil, covering the bottom of the pan with a thin layer.
4. Dip each tofu slice into the flour mixture, coating well on both sides.
5. Place slices in the skillet and cook until lightly brown – about 2-3 minutes per side.
6. Transfer to a plate lined with paper towels or coffee filters to drain.

Dipping Sauce:

1. In a hand blender or food processor combine orange juice, maple syrup, and ginger. Serve with tofu slices!

*I serve the tofu on a platter for the middle of the table and give each person their own little bowl of dipping sauce.

Ingredients:

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1 (8-oz package of tofu – we like extra firm)

1/2 C corn flour

1/2 C rice flour

4 Tbsp. ghee or sunflower oil

1/3 C orange Juice

1/3 C maple syrup

2 tsp. of grated fresh ginger

Have fun with the dipping sauce and make your own flavors. I've used fennel powder and lemon for a more tangy sauce*.

This is a great way to cook tofu coupled with some sautéed bok choy or steamed veggies! I adapted this recipe from one of my favorite vegan cookbooks: [*The Kind Diet*](#) by Alicia Silverstone.