

## CRISPY TOFU + ORANGE SAUCE



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

**Prep Time:** 10 Min

**Cook Time:** 15 Min

**Serves:** 2

**Directions:**

Cut the tofu into 1/4 inch thick slices.

Mix the flours together in a bowl.

In a large skillet pan on medium heat pour ghee/oil, covering the bottom of the pan with a thin layer.

Dip each tofu slice into the flour mixture, coating well on both sides.

Place slices in the skillet and cook until lightly brown – about 2-3 minutes per side.

Transfer to a plate lined with paper towels or coffee filters to drain.

**Dipping Sauce:**

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:**

# SIMPLEVEDA

*ayurveda & yoga*

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.