

Sesame Tofu With Broccoli

February 7, 2021

Ingredients

4 servings

- 1 14-oz. block extra-firm tofu
- 1 large head of broccoli (about 1 lb.)
- 1 scallion
- 1 1" piece ginger
- 1 garlic clove
- $\frac{1}{4}$ cup tamari or soy sauce
- 2 Tbsp. light or dark brown sugar or pure maple syrup
- 2 Tbsp. tahini

2 Tbsp. unseasoned rice vinegar

1 Tbsp. toasted sesame oil

1 ½ tsp. plus ¼ cup cornstarch, divided

1 ½ tsp. Diamond Crystal or ¾ tsp. Morton kosher salt, divided, plus more

1 Tbsp. plus ¼ cup grapeseed oil or vegetable oil, divided

¼ tsp. freshly ground black pepper

1 Tbsp. toasted sesame seeds

Steamed white or brown rice (for serving)

Preparation

Step 1

Drain **one 14-oz. block extra-firm tofu** and pat dry with a kitchen towel. Cut tofu in half horizontally through the equator (like a hamburger bun), then cut into 1" cubes and pat dry again. Arrange in a single layer on a rimmed baking sheet or large plate and set aside.

Step 2

Cut **1 large head of broccoli (about 1 lb.)** into small 1" florets. If your broccoli has a long stem, peel tough outer skin to remove the lighter fibrous layer, then slice stem ¼" thick. Finely chop **1 scallion** and set aside for serving.

Step 3

To make the sauce, scrape skin from **one 1" piece ginger** with a spoon,

then grate on a Microplane into a small bowl. Smash and peel **1 garlic clove** and grate into bowl with ginger. Add **¼ cup tamari or soy sauce, 2 Tbsp. light or dark brown sugar or pure maple syrup, 2 Tbsp. tahini, 2 Tbsp. unseasoned rice vinegar, 1 Tbsp. toasted sesame oil, 1 ½ tsp. cornstarch, a pinch of kosher salt,** and 3 Tbsp. water and whisk to combine. Set sauce aside.

Step 4

Sprinkle **1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt** over tofu and toss to coat. Scatter remaining **¼ cup cornstarch** over tofu a tablespoonful at a time, tossing after each addition and gently pressing into the tofu pieces, until well coated on all sides.

Step 5

Heat **1 Tbsp. grapeseed oil or vegetable oil** in a large nonstick or cast-iron skillet over medium-high. Add broccoli, season with **½ tsp. Diamond Crystal or ¼ tsp. Morton kosher salt** and **¼ tsp. freshly ground black pepper**, and cook, tossing occasionally, until just tender, about 5 minutes. Transfer broccoli to a plate. Wipe out skillet.

Step 6

Heat remaining **¼ cup grapeseed or vegetable oil** in same skillet over medium-high. When oil is hot (it will start to shimmer), reduce heat to medium and add tofu in a single layer (work in batches if needed). Cook, turning every 3–4 minutes, until golden brown all over, 10–12 minutes total. Transfer to a clean kitchen towel or paper towels and let drain.

Step 7

Pour out any remaining oil in pan and wipe out. Return pan to medium heat. Whisk reserved sauce if it has separated, then pour into pan and cook until thickened and bubbling, about 20 seconds. Immediately remove pan from heat and add broccoli and tofu; toss to coat.

Step 8

Top tofu and broccoli with **1 Tbsp. toasted sesame seeds** and reserved scallions. Serve with **steamed white or brown rice**.