

Crumbled Tofu Stir Fry

<http://userealbutter.com/2021/10/25/crumbled-tofu-stir-fry-recipe/>

modified from [New York Times Cooking](#)

16 oz. package firm tofu, frozen solid, then thawed
1/4 cup soy sauce (use tamari for gluten-free)
2 tbsps Shaoxing wine (use dry sherry for gluten-free)
2 tbsps fresh lime juice
2 tbsps toasted sesame oil
1/4 cup unflavored oil (peanut, grapeseed, canola), divided
12 oz. shiitake mushrooms, stems removed, sliced 1/4-inch thickness
1/4 cup green onions, sliced
1-inch knob of fresh ginger, peeled and grated
1 large clove garlic, grated
1 tsp chili garlic paste (optional, for gluten-free check the brand you're using)
salt to taste
1 cup shelled edamame
1/4 cup chopped herbs like cilantro or green onions or basil

Crumble the tofu: Hold the block of thawed tofu between your palms over a colander or sieve. Apply gentle pressure to squeeze liquid from tofu. Break the tofu into 6-8 pieces and squeeze remaining liquid from each piece. Crumble the tofu into a bowl.

To pan fry tofu: Heat 2 tablespoons of unflavored oil over medium-high heat in a sauté pan. You can use a nonstick pan, but I prefer stainless steel for a crisper finish (cast iron would also work). Add the crumbles when the oil is hot and stir to coat. Let the crumbles turn golden (about 3-4 minutes), then stir them around, scraping any bits that stick to the pan. Set aside. Wipe the pan clean.

To bake the tofu: Preheat oven to 375°F. Toss the tofu with a little salt and 2 tablespoons of oil and spread in a single layer on a baking sheet lined with parchment paper. Roast for 15 minutes. Remove from oven.

Stir the soy sauce, Shaoxing wine, lime juice, and toasted sesame oil together in a small vessel. Set aside.

Make the stir fry: Heat the remaining 2 tablespoons of unflavored oil in your sauté pan over medium-high heat. When the oil is hot, sprinkle the mushrooms evenly over the pan. Allow the slices to give up their liquid (about 4 minutes) before giving them a stir. As the liquid begins to boil off, stir and turn the shiitake slices in the pan for more even browning. Sauté to desired browning or crispness. Add 1/4 cup green onions, ginger, garlic, and chili garlic paste (if using) to the pan and stir until the onions have wilted (2 minutes). Stir in the tofu, edamame, and sauce and cook for another minute until everything is heated through. Season with salt to taste. Remove from heat and stir in the herbs. Serves 4-6.