

Green Beans & Tofu

1 pound fresh green beans

1 pound extra firm tofu

1½ - 2 cups roasted peanuts More or less to your taste. Like from bulk foods department – not raw peanuts unless you want to roast them yourself. Salted, roasted nuts are good, just not dry roasted snack peanuts like the ones you get from Planters. No, this is not a picky point because it will make a difference in how this recipe tastes. Nyeah.

1 Tbsp. plus 3 Tsp. Penzey's Sate spice¹

1 inch piece of fresh ginger root

2 large garlic cloves

1 medium shallot "bulb"

1 Tbsp. brown sugar

2 Tbsp. Bragg's Liquid Amino or soy sauce

Juice from half a lemon not concentrated lemon juice from a bottle.

1) Tofu (if you have time, do steps 1a-1g the night before)

- a. Open tofu from packaging and drain. Slice tofu block lengthwise into 1/4 inch slices. Lay slices out and lightly press out excess moisture with towel (paper or whatever). You may wish to salt tofu, place paper towel on top of slices, put a baking sheet on top of that, then weigh it down with something heavy – like mixing bowls or a couple cookbooks. Let it sit for ½ hour...whatever you have time for.
- b. While you're waiting, go on to prep your green beans in step 3a, then come back to step 1c.
- c. Mix ¼ cup lemon juice, 2 tbsp soy sauce, 2 tbsp peanut oil and 1 tbsp brown sugar in a small bowl.
- d. Chop tofu into any shape you want, as long as that shape is not bigger than about ½ inch thick. Spread out on a baking sheet in one even layer.
- e. Pour *most* of mixture over tofu to coat (save 1 tbsp or so of mixture for green beans in step 3c). Stir around to coat evenly
- f. Sprinkle 1 tbsp Sate spice over mixture-coated tofu blocks.
- g. For best flavor, refrigerate overnight. If you haven't read ahead in this recipe to plan for this, go ahead with next step.
- h. Make sure tofu blocks are spread evenly in pan and roast in 400 degree oven for 20 minutes until browned. (Go on to step 2a while these are roasting and come back to this point after you're done).
- i. Remove tofu pan from oven, turn as many unbrowned sides up as you can. Roast 20 more minutes. It's up to you how browned you'd like the tofu pieces. (Go on to finish steps 2b,c,d,e,f,g)
- j. Remove tofu from pan and add to peanut mixture you've already

¹ Spice blend intended for Thai dishes such as Chicken Satay. See it at:
<http://www.penzeys.com/cgi-bin/penzeys/p-penzeysataseas.html>

made in step 3. Mix together thoroughly to mingle flavors and remove from sautee pan or wok into big mixing bowl.

- k. Cover to keep warm.
- l. Go to step 3b.

2) ***Peanut Mixture***

- a. While tofu is roasting, whirl chopped ginger root, garlic cloves and chopped shallots in a food processor until very finely minced (or mince them by hand if you're inclined).
- b. Heat 1 TBSP of peanut oil over medium high heat in large sauté pan or wok. Remove any large pieces of ginger pulp if any remain and scrape minced contents out of your food processor and into pan with hot oil – after the pan is hot, of course.
- c. Sautee the ginger/shallot/garlic mixture until most of liquid is evaporated, just before mixture starts to brown (about 3-5 minutes). Turn heat down to medium. No burning garlic, please.
- d. Pulse whole peanuts in food processor until roughly chopped.
- e. Add peanuts and 3 TSP Sate spice and stir occasionally until peanuts are aromatic and toasted.
- f. Take off heat and set aside.
- g. Go back to your tofu in step 1j.

3) ***Beans***

- a. Rinse and drain as much water off beans as is possible. Trim green beans and snap/slice in half.
- b. Heat 1 tsp peanut oil in wok (the same one you just used) on high heat². Add green beans to same sauté pan or wok, stirring constantly.
- c. After 5 minutes, or when beans just begin to turn bright green, add reserved soy sauce/peanut oil/ lemon juice/brown sugar mixture. Cook 1-2 minutes more until beans are bright green and tender, but crisp. Turn off heat.
- d. Add peanut tofu mixture to cooking beans. Stir to incorporate.

4) ***Serve***

- a. ...over rice as main course or as a side dish by itself. 4 main course and 6 side dish servings.

² Before adding oil, just wipe it down with a paper towel or something; no big deal.