

Braised Tofu mushroom casserole

Portions: 170

Ingredients:

Amount	Item
6.7oz	Olive Oil
14ea	onion
40ea	green onion
8 cloves	garlic
130 packages	Firm tofu
22 bags	beech mushroom
48 oz	starch
240g	starch(for sauce mixture)
30 oz	soy sauce with less sodium
68 oz	Diet Coke
12.8 oz	vegetarian oyster sauce
6.7 oz	white pepper powder
40g	salt
14 oz	Ketch up

Method:

1. Cut the tofu into pieces evenly, transfer them into a plate.
2. Coat the tofu with corn starch.
3. In a large pot, pour oil in and heat to 375 to 400 degrees F.
4. Use a metal spatula or slotted spoon to carefully scoop up one piece at a time and lower it quickly into the hot oil.
5. Repeat step four until not enough space for more tofu.(keep little space between tofu for turning sides.)
6. Fry each side about 2 to 3 minutes until golden brown and set aside. Maintain the oil temperature between 375 and 400 degrees F.
7. Sauce: In a bowl, combine the vegetarian oyster sauce, low sodium soy sauce, Diet Coke, white pepper powder, ketch up, salt, and corn starch(for sauce mixture) together, mix well and set aside.
8. Chop green onions to diagonal/oval slice.
9. Chop onion to thin slices.
10. Chop the garlic to thin slices.
11. Cut mushroom from the bottom. Discard the very bottom part.
12. Measure the olive oil. Heat the wok over medium heat and add olive oil(are we able to sauté all for once?) around the perimeter of the wok so it is lightly coated.
13. Pour in green onions, onions, garlic and sauté for 2 minutes.
14. Add mushroom and sauté them together until the onions and mushroom are fully cooked and the onions become a little big golden and softer.

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15. Add fried tofu into the wok and sauté them gently together for 1 minute until the tofu gets warm.
16. Stir the sauce mixture again since there will be sediment at the bottom. After stirring it, pour it into the wok. Sauté them gently until the whole mixture starts to become thick.
17. Turn off the heat. Ready to serve. Good job!