

## **Kylie Kwong's Deep-Fried Silken Tofu with Organic Sweet & Sour Sauce**

We're excited to announce that Oxfam ambassador and acclaimed chef Kylie Kwong is supporting our work by providing this delicious and nutritious recipe for you to try. Bon appétit!

*Serve as a meal for 4 with steamed rice or as part of a banquet for 4–6*

**2 x 300 g packets of silken tofu**  
**3 teaspoons organic tamari**  
**2 teaspoons sesame oil**  
**1 teaspoon salt flakes**  
**vegetable oil for deep-frying**  
**2/3 cup cornstarch**

***Sweet and Sour Sauce – use organic vegetables where possible***

**1/4 small ripe pineapple peeled**  
**1 small carrot peeled**  
**1 small cucumber peeled**  
**3/4 cup organic brown vinegar**  
**5 tablespoons shaohsing wine or dry sherry**  
**1/2 cup organic brown sugar**  
**1 teaspoon salt flakes, extra**  
**4 garlic cloves, crushed**  
**2 tablespoons ginger julienne**  
**1/2 medium-sized yellow pepper julienned**  
**2 small tomatoes finely sliced**  
**2 tablespoons organic tamari**

1. Gently remove tofu from each packet and invert onto a plate. Carefully slice each tofu block into 6 cubes, by cutting block lengthways in half, then widthways into thirds, draining off any excess liquid. Set aside the 12 squares.
2. To make the Sweet and Sour Sauce, remove core from pineapple and finely slice into pieces. Using a vegetable peeler, finely slice carrot lengthways into ribbons. Cut cucumber in half lengthways, slice on the diagonal and set aside, together with the pineapple and carrot.
3. Place vinegar, wine or sherry, sugar and extra salt in a medium-sized heavy-based saucepan and stir over high heat until sugar dissolves. Bring to the boil, add garlic and ginger, reduce heat and simmer, uncovered, for 10 minutes. Add reserved pineapple, carrot, cucumber, pepper and tomato and simmer for a further 3 minutes or until pineapple is tender and tomato has broken down slightly. Stir in tamari, remove from stove and set aside.
4. Heat vegetable oil in a hot wok until surface seems to shimmer slightly. Lightly coat tofu pieces in cornstarch and using a spatula, carefully lower 4-6 squares into hot oil – it is important not to coat the tofu in advance of heating the oil, or it will become moist and sticky. Deep-fry tofu for about 4 minutes or until lightly browned and crisp. Remove with a slotted spoon and drain well on kitchen paper. Repeat this step until all tofu is cooked.
5. Arrange tofu on a platter and serve immediately with a bowl of warm Sweet and Sour Sauce.