

# A Hint of Spring Feast

A flavor-packed marinated and grilled tofu is paired with roasted turnips and baby red garlic potatoes today. It's served with a light and tangy pan sauce. A savory creamed spinach brightens up the plate and a dollop of whole cranberries compliments the earthy flavors. There's a hint of the wild in this old-fashioned, flavor-packed meal.

Thaw a brick of frozen tofu this morning. You'll be making Marinated/Grilled Tofu during the day.

**Preparation time: 1 hour and 40 minutes (includes making marinated tofu early in the day.)**

**Servings: 4**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients in small bowls so they are easy to add to the recipe. Being organized as you cook will make you happy. Prep a total of 1-2/3 C. chopped onion today: 1/3 C. for the Marinated Tofu and 1-1/3 C. for the Creamed Spinach. Prep 4 cloves of chopped garlic: 1 clove for the Marinade, 1 clove for the potatoes and 2 for the Creamed Spinach.

### Marinated/Grilled Tofu

One 16 oz. package of extra or ultra-firm tofu (frozen, thawed)

#### Marinade:

1 tsp. sesame oil  
plus  
2 tsp. canola oil  
1 clove garlic (smashed and chopped)  
1/3 C. yellow onion (finely chopped)  
1/4 C. white wine  
1/2 tsp. Asian garlic chili sauce  
3 T. rice wine vinegar  
1/2 tsp. fresh ginger (grated)  
3/4 C. low-sodium vegetable broth  
1 T. low-sodium soy sauce or tamari  
1 T. dry basil leaves

### Pan Sauce and Cranberries

1/2 C. white wine  
3/4 C. marinade (from marinated tofu)  
1 C. low-sodium veggie broth  
2 tsp. granulated sugar  
a pinch of fresh thyme leaves  
1 tsp. white truffle oil  
2 T. cornstarch  
dissolved in  
1/2 C. water  
2 T. chevre cheese

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one 15 oz. can whole cranberries

### Potatoes/Turnips

#### Potatoes:

2 tsp. olive oil  
20 baby red potatoes  
1 clove garlic (smashed and chopped)  
1/2 tsp. salt

#### Turnips:

2 tsp. olive oil  
4 medium turnips (peeled and cut in half)  
1/2 tsp. salt

### Creamed Spinach

1 tsp. olive oil  
2 cloves garlic (smashed and chopped)  
1-1/3 C. chopped yellow onion  
1 C. low-sodium vegetable broth  
2 T. flour  
shaken with  
2/3 C. nonfat milk  
  
1 tsp. butter  
1/2 tsp. nutmeg  
2 small bags fresh spinach - 6 oz. (chopped)  
- or -  
2 bunches fresh spinach (all fresh spinach bunches should be double-washed)  
  
3/4 C. plain, nonfat yogurt

## Let's Prepare, Cook the Meal!

### Basic Assembly Instructions

Make the marinated tofu early in the day. Once it is ready, the grilled tofu can rest in the marinade until you're ready to serve the meal. As you start the meal, preheat the oven to 375°. Make the creamed spinach as the final piece of the assembly.

### Marinated/Grilled Tofu

1. Thaw tofu and cut into 1/2" slices. Lay a couple of layers of paper towel on a cookie sheet and arrange sliced tofu on paper towels. Cover with 2 more layers of paper towel and set another cookie sheet on top. Press tofu between sheets until paper towels are soaked. Remove and discard towels and repeat two more times.
2. When making the marinade, start with oils, garlic, onion and white wine. Microwave in a covered bowl for 1 minute. Transfer garlic/onion mixture to a 9"X 9" baking dish and add remaining ingredients. Stir well. Place pressed tofu in marinade for 30 minutes per side.
3. Heat a flat or ribbed griddle and place tofu pieces on hot, oiled griddle. (Do not discard marinade.) Brown each side. Then turn on edge and rotate until edges are browned. Return to marinade until ready to use. Store any unused tofu in leftover marinade.
4. Reserve 3/4 C. of marinade for today's pan sauce.

### Potatoes/Turnips

Toss potatoes and turnips separately in oil. Sprinkle chopped garlic and salt over potatoes and wrap them in foil. Sprinkle salt over turnips. Place potatoes and turnips in separate baking dishes. Cover turnips and bake 45 minutes in a 375° preheated oven. The potatoes are wrapped in foil, so no need to cover them, but check them with a fork for tenderness before serving.

### Pan Sauce

1. Place white wine, 3/4 C. of tofu marinade and vegetable broth in a small saucepan.
2. Add sugar, thyme and truffle oil and bring to a boil.
3. Thicken with cornstarch mixture and cook 5-minutes over low heat.
4. Add chevre cheese and stir until it melts into the sauce. Turn off heat and leave on burner.

### Creamed Spinach and Final Assembly

1. Sauté garlic and onion in oil until onion begins to turn translucent.
2. Add broth and bring to boil.
3. Thicken with flour roux and reduce heat to low. Cook 5-minutes over low heat.
4. Add butter and nutmeg and stir until butter melts into sauce.
5. Drop chopped spinach into the cream sauce and cook 5 more minutes over low heat.
6. Just before serving, stir in nonfat yogurt while pan is on the burner. As soon as yogurt is well blended with the cream sauce remove from heat.

## Time to Plate the Meal!

### Plate the Meal

1. Cut 3 pieces of tofu into triangles and heat 1-1/2 minutes in microwave.
2. Spoon 3 large pools of pan sauce onto each serving plate.
3. Arrange tofu pieces, potatoes and turnips over pools of sauce.
4. Drizzle tofu, potatoes and turnips with a little more of the same sauce.
5. Spoon creamed spinach and cranberries on the remaining empty space on each plate. You can also serve the creamed spinach in individual small bowls as a side.

### What I've Learned from this Recipe

Pan sauces are one of the oldest techniques in cooking. They utilize the caramelized brownings (known as fonds) that remain on the bottom of the pan to anchor the flavor. Pan sauces are often made with a little additional garlic, onion, butter or oil and can include additional spices, herbs or other items to boost flavor. Pan sauces are served over and around specific items of plated meal.

Today, the pan sauce will utilize the marinade sauce as the anchor for the flavor. Our herbs and flavor boosters come from fresh thyme, truffle oil and chevre cheese.

Let us know what you think, and any ask questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)