

## Guide to Cooking Crispy Tofu

1.



Carefully open the packet, drain the liquid and rinse the tofu under a little fresh water.

2.



Place your tofu under paper towels and gently press. This will absorb excess liquid and help the tofu to absorb new flavours.

3.



Cut your tofu into thick slices.

4.



Cut the tofu into triangles.

5.



Gently fry the tofu in a little oil for 10 minutes on either side. Flavour well with soya sauce and paprika.

6.



Your crispy tofu can be added to a variety of dishes including curry, stir fry's, pasta dishes and pie fillings. Remember tofu generally has no flavour so will need plenty of herbs and spices to give it flavour.



## Noodle Stir Fry

### Ingredients:

1 portion of cooked noodles (according to type of noodle chose)  
4 tsp vegetable oil  
1 clove garlic, chopped  
1cm/ ½ in piece of root ginger, chopped  
2 spring onions, chopped  
110g/4oz tofu, diced  
½ pepper (red, yellow and green), chopped  
½ carrot, cut into thin strips  
55g/2oz mushrooms, chopped  
110g/4oz bean sprouts  
Soy sauce

### Method:

1. Cook noodles according to instructions.
2. Stir fry the onion, garlic, and ginger in 2 tbsp of oil in a wok for about 1 minute
3. Add the diced tofu and continue to stir fry for about 2 minutes – keeping the tofu moving to avoid burning. Remove from Wok.
4. Stir fry the pepper, carrot, mushrooms, and bean sprouts in the remaining oil for about 2 minutes.
5. Return the tofu mix to the wok, together with the cooked noodles, mix together and stir fry for 1-2 minutes.
6. Sprinkle with soy sauce to taste

They are ready when a skewer comes out clean and feels firm on top.



## Microwave Fruit Dumpling

### Ingredients:

140ml water  
1 tsp mixed spice  
1/2 tsp cinnamon  
230g mixed dry fruit  
50g white sugar  
114g margarine or butter  
1 tablespoon black treacle  
1 egg, beaten  
114g plain flour  
½ bicarbonate of soda

### Method:

Into a heavy pan place the following ingredients; water, spices, fruit, sugar, butter and treacle. Bring to a boil and simmer for 1 minute only; remove from the heat.

Stir the egg, flour, and bicarbonate of soda into the mixture. It will appear to start cooking the mixture. Do not worry.

Put mixture into a large pudding basin or microwave safe bowl which has been lined generously with cling wrap. Wrap should flap over the sides of the basin; tap to get rid of air pockets.

Place into the microwave for about 5 minutes. Do not cover the top with the cling wrap. Each microwave is different and, depending on size and power.

They are ready when a skewer comes out clean and feels firm on top.