

SALT + PEPPER TOFU *with a* RAW VEGETABLE SALAD

The amazing thing about silken tofu is its soft jelly like texture. It's very fragile to work with, but somehow holds together perfectly when deep fried. Dusting in flour and generous amounts of salt and pepper creates a highly tasty and crunchy exterior, leaving the inside sweet and silky smooth.

INGREDIENTS - PART 1 SALT + PEPPER TOFU

Organic silken tofu
4 tbsp of plain flour
2 tbsp of salt
2 tbsp of white pepper
Pinch of cayenne pepper
A few turns of black pepper

INGREDIENTS - PART 2 RAW VEGETABLE SALAD

Green beans
White zucchini
Snap peas
Cherry tomatos
Radish
Baby carrots
Pistachio nuts
Parsley
Lemon juice
Olive oil

To fry the tofu, heat a wok or large saucepan with peanut oil to 160C. Carefully lower segments of tofu into the hot oil and fry for around 3 or 4 minutes.

Arrange the salad as you wish. Thin segments are good.
Make sure everything is washed really well.

Use some soy sauce, rice wine vinegar and lemon juice to create a tasty dipping condiment. Top plentifully with spring onions.