



Cauliflower and Tofu Masala



Cauliflower and tofu in a medium-hot masala sauce. Serve over basmati rice or with naan.

By VYAPTI

Prep: 20 mins

Servings: 4

Cook: 50 mins

Max Servings: 4

Total: 1 hr 30 mins

Yield: 4 servings

Additional: 20 mins

Ingredients

- | | |
|--|--|
| <input type="checkbox"/> 1 (16 ounce) package tofu | <input type="checkbox"/> 1 teaspoon garam masala |
| <input type="checkbox"/> ½ cup plain yogurt | <input type="checkbox"/> 1 tablespoon minced fresh ginger root |
| <input type="checkbox"/> 2 tablespoons lemon juice | <input type="checkbox"/> 2 tablespoons unsalted butter |
| <input type="checkbox"/> 2 teaspoons ground cumin | <input type="checkbox"/> 4 cloves garlic, minced |
| <input type="checkbox"/> ½ teaspoon cayenne pepper | <input type="checkbox"/> 3 serrano peppers, seeded and minced
<i>↑ can use jalapeno peppers</i> |
| <input type="checkbox"/> 1 teaspoon paprika | <input type="checkbox"/> 4 teaspoons ground coriander |

- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons garam masala
- ☐ ½ teaspoon salt
- ☐ 1 (16 ounce) can tomato sauce
- ☐ 1 small head cauliflower, cut into florets
- ☐ 2 cups half-and-half cream
- ☐ 1 cup frozen peas
- ☐ ¼ cup chopped fresh cilantro



Directions

Place the block of tofu onto a plate and place another plate on top. Set a 3 to 5 pound weight on top (a container filled with water works well). Press the tofu for 20 to 30 minutes, then drain off and discard the accumulated liquid.

Preheat an oven to 375 degrees F (190 degrees C). Grease a baking sheet.

Whisk the yogurt, lemon juice, 2 teaspoons cumin, cayenne pepper, paprika, 1 teaspoon garam masala, and minced ginger together in a bowl. Cut the tofu into 1/2-inch cubes, and gently stir into the yogurt mixture. Arrange the tofu cubes onto the prepared baking sheet so they do not touch each other.

Bake the tofu in the preheated oven until the tofu has firmed and the sauce is no longer sticky, 45 minutes to 1 hour. Gently turn the tofu every 15 minutes during baking.

Meanwhile, melt the butter in a large skillet over medium heat. Cook the garlic and serrano peppers in the hot butter until softened, about 3 minutes. Stir in the coriander, 2 teaspoons cumin, 2 teaspoons garam masala, and salt. Cook another

minute to release the fragrance of the spices. Add the tomato sauce and cauliflower florets; cover and cook, stirring frequently until the cauliflower is tender, about 15 minutes.

Once the cauliflower is tender, stir in the half-and-half, peas, cilantro, and baked tofu cubes. Bring to a simmer, and cook 5 minutes, or until your desired thickness is attained.

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Notes: Add more salt to taste at the end.
Can make half of this recipe. The
base recipe makes a lot.
Don't need to bake the tofu.