

# Tofu in coconut sauce (serves 4)

## Ingredients

- tsp of Panch Phora (5 spices: brown mustard seeds, nigella seed, cumin seed, fenugreek seed, fennel seed),  
If you're in Australia it's made by "Herbies" [www.herbies.com.au](http://www.herbies.com.au)
  - 1/4 tsp of chilli, if you like it hot, put more. Strength also depends on what type of chilli you use.
  - salt, a little to taste
  - 2 tbs of organic tamari (soy sauce)
  - 1/2 tsp of ground ginger
  - 6 pods of cardamom, open the pods by crushing them with a knife handle then take out the seeds, discard the pods
  - 1/2 tsp of organic sugar
  - juice of half a lemon
  - 1/2 tsp of saffron
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- 1 can of organic coconut cream
  - 5 cloves of garlic, peeled, crushed and roughly sliced
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- 1 block of organic tofu (450 g), firm tofu works best.

tsp = teaspoon

tbs = table spoon

## Preparation

Put the first 9 ingredients in a glass oven dish, big enough to fit the tofu as well. Stir the ingredients with a fork. This mixture should be a little wet, if not, add more tamari.

Slice the tofu in cubes with dimensions of about 3.5 cm.

Put the coconut cream and the garlic in a pan and bring to boil. Simmer for 15 minutes while stirring. This is to bring out the flavors and to cook the garlic.

Put the tofu cubes and the coconut cream in the glass oven dish and mix, making sure not to damage the tofu. An egg slice works best to fold the tofu over and into the marinade.

Put this in a pre-heated oven on medium for about 30 minutes

When the dish is ready, serve only a little of the sauce with the tofu. Keep the rest in the fridge to use the next day with some rice. A whole tin of coconut cream is best used over a few days and not in one meal. See health observations below.

You can also take the cubes of tofu and put them on wooden barbecue sticks alternating with some tomato and zucchini pieces.

Put the zucchini pieces in boiling water first, for 2 minutes to pre-cook them a little. Soak the wooden sticks in cold water, so they won't catch fire on the barbecue.

### **Note**

You can substitute the coconut cream in this recipe for organic tomato paste. 2-3 tsp should be good. Dilute the tomato paste with a little water, to make a thick sauce and to blend with the spices.

### **A few health observations**

When American health guru **Andrew Weil** was interviewed on Larry King Live, King asked him: "if the viewers would take away only one thing from this broadcast, what would you say?"

Weil answered: "Don't eat heated oils, as they are one of the hardest things for the body to digest." He continued: "If I could, I would take all cheap oils, margarines and poly and mono saturated cooking oils off the supermarket shelves"

The best way to serve this dish is with a big salad, some lovely green vegetables and some rice. In my view the tofu should be only a quarter of the whole meal. Make the sauce last for a few days.

A tip: put olive oil on your vegetables **after** you have cooked them. Heated oils lose their health giving structure.

This dish will taste lovely, and cooking is all about striking a balance, so that those few square centimeters on your tongue where your taste buds reside, are as happy as the hinterland that makes up the rest of your body. Your whole body will be happy if you feed it a balanced diet - it will help your spirit to soar if you give it the building blocks for health.

Sambodhi Prem

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