

Recipe

Tofu in Spinach Gravy

By

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Ingredients

Tofu marinate

- 2 C tofu cut into 2cm cubes
- 2 Tbsp thick yogurt
- 1 Tsp garam masala
- ¼ Tsp paprika
- ½ Tsp salt

Spinach Gravy

- 1 Kg/2 lb fresh spinach leaves, washed and stalks removed
- 3 tomatoes, chopped
- ¼ C water
- 2 Tbsp ginger, finely grated
- 1 Tsp oil
- 1 Tsp cumin seeds
- 1 green chili chopped
- ¼ Tsp yellow asafetida powder
- 1 Tsp coriander powder
- 1 Tsp salt

Preparation

1. Combine the tofu marinate ingredients in a bowl and leave for 30 minutes. Bake in a preheated oven at 350 F/180 C for 15-20 minutes and remove.
2. Combine the spinach leaves, tomatoes, water and 1 Tbsp ginger in a saucepan. Cook for 10 minutes or until the tomatoes are mushy and spinach leaves are softened.
3. Blend the tomatoes and spinach until smooth.
4. Heat oil in a pan over moderate heat, drop the cumin seeds, green chili, the remaining ginger and sauté for a while. Add asafetida, coriander powder, spinach puree and salt.
5. Add the spiced baked tofu and cook over low heat for 15-20 minutes. Serve hot with rice.

Serves

5-6

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