Crispy Tofu with Orange Broccoli

2 bowls, each with half the tofu, broccoli, orange sauce and rice · Active 35 min · Total 55 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• Plain firm tofu set with calcium sulfate, drained (300 g before patting dry)

• About 4 cups broccoli florets and thinly sliced peeled stalk (300 g prepared)

• 1/2 cup dry long-grain white rice (100 g)

• About 3/4 cup plus 1 tablespoon water for rice (200 ml), or packet-specified amount

• 1/2 cup fresh orange juice (120 ml/about 125 g)

• 1 tablespoon ordinary soy sauce (15 ml/about 16 g)

• 1 tablespoon plus 1 teaspoon cornstarch (10 g), divided

• 4 teaspoons olive oil (20 ml/about 18 g)

• 1 garlic clove, finely grated (3 g)

• 1 teaspoon finely grated ginger (2 g)

• 1 teaspoon sugar (4 g)

• 1 tablespoon water for sauce (15 ml)

Set out

Medium saucepan with tight lid for rice, Saucepan with steamer insert and lid, 30 cm/12-inch nonstick skillet, Thin spatula, Small bowl, Clean towel, Kitchen scale, Measuring jug, Food thermometer, 2 bowls

Allergens

Soy, Wheat in ordinary soy sauce; check all product labels. Check labels and substitutions.

Make it

1. Rinse rice and cook it in the measured water, or the amount required by its packet. For a typical long-grain product, bring to a boil, cover and simmer on low for 15–18 minutes, then rest covered off the heat for 5 minutes. Keep hot for immediate serving.

2. Meanwhile drain and weigh tofu, blot dry, cut into even 3/4-inch (2 cm) cubes and blot again. Toss gently with about 2 teaspoons (6 g) of the cornstarch just before frying. In the small bowl, whisk orange juice, soy sauce, remaining cornstarch, garlic, ginger, sugar and sauce water.

3. Heat oil in the wide skillet over medium-high heat. Add tofu in one layer and cook for 10–12 minutes, turning occasionally once the underside is golden, until heated through with browned faces. Follow any additional product cooking directions.

4. While tofu browns, bring water to a simmer beneath the steamer. Steam broccoli for 4–5 minutes until tender enough to bite, then drain well. Stir the orange mixture again, lower skillet heat to medium-low and pour it over the tofu. Let it bubble gently for 1–2 minutes until glossy, tossing carefully; fold in drained broccoli.

5. Divide all hot rice between 2 bowls and top with all tofu, broccoli and orange sauce. Serve immediately.

A useful kitchen skill

Dry tofu before browning and stir a settled cornstarch sauce immediately before adding it to heat.

A useful detail

The estimate uses 300 g plain calcium-set firm tofu, weighed after draining the pack but before surface drying, plus 100 g dry rice. Tofu labels vary substantially. The full 10 g cornstarch is split between dusting and sauce, not used twice.

Keep it well

For leftovers, spread rice and the tofu-broccoli mixture separately into shallow containers and chill quickly, ideally within 1 hour of the rice’s original cooking. Refrigerate at 40°F/4°C or below and use within 24 hours of that original cooking time. Reheat rice no more than once, with the whole serving reaching 165°F/74°C throughout, then eat immediately. Discard uneaten reheated portions; cooling them again does not restart the clock.