Vegetable Tofu Curry, Sweet or Savory

Sweet Version
2 Tbsp curry powder
1/2 tsp cinnamon
2 cups unfiltered apple juice
1/2 tsp salt
fresh ground pepper

Savory Version
3 Tbsp curry powder
1/2 tsp turmeric
1/2 tsp cinnamon
2 cups low sodium chicken or vegetable broth
1 tsp salt
fresh ground pepper

INGREDIENTS

Base Ingredients

14 oz firm tofu, 1" cubes pan fried
1 Tbsp canola oil
1 red onion, 1/2 dice
1 clove garlic, minced
2 cups cauliflower florets, 1" pieces
1 carrot, 1/2" slices
2 cups eggplant, 1" cubes
1 red bell pepper, 1" dice
1 sweet potato, 1/2" slices quartered
1 small zucchini, 1/2" slices
1/2 cup raisins

The first step is to press, cube and pan fry the tofu. To press the tofu, halve the cake horizontally and set the two slabs on several layers of paper towels on a plate or cutting board. Top with additional paper towels and another plate or cutting board then weigh down with a heavy skillet or stock of books and let sit for about 20 minutes. Once pressed, cut the tofu into 1" cubes.

Coat a large skillet with cooking spray and fry the tofu on medium high heat until crisp and browned on all sides, about 2 - 5 minutes per side. Set aside.

Heat about one Tbsp of canola oil in a large pot or dutch oven. Add the garlic and red onion and saute until slightly softened.

Add the curry and cinnamon (and turmeric if making it savory) and cook until fragrant, about 1 minute. Add the liquid (apple juice or broth), the cauliflower and the carrots. Bring to a boil then reduce heat, cover and simmer for 10 minutes.

Next add the tofu, remaining vegetables, raisins, salt and pepper. Cover and simmer about 20 - 25 minutes, until the vegetables are tender but still hold their shape. Add additional seasonings to taste.