

Vegan Thai Red Curry Tofu

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 6 oz.

Ingredients	Quantity	Measure
Coconut milk	60	Ounces
Curry paste, red	4	Ounces
Tofu, firm	15	Pounds
Sugar, fine, granulated	8	Ounces
Salt, kosher	2	Ounces
Coconut flakes	1	Ounce
Scallions, fresh	4	Ounces
Cornstarch	1	Tablespoon
Oil, canola	4	Ounces
Oil, canola, pan spray	0.001	Ounce

Preparation

1. Drain tofu. Cut tofu into 4 oz squares roughly 3 in x 2 in x 1 in. Season with half of salt. Slice scallions thin on a bias.
2. Heat flat top to 450 F. Add canola oil to flat top. Place squares in oil and allow them to sear. Roughly 4-5 minutes. Should be a deep gold brown, not burnt.
3. Coat sheet pan with canola spray. Place seared tofu on sheet pan, cool and set aside.
4. Place coconut flakes on a sheet pan. Toast at 325 F for 5 minutes. Remove from oven and cool.
5. In a saucepan combine: coconut milk, half of red curry, sugar and remaining salt. Mix and taste. Adjust seasoning. Should be sweet, savory and moderately spicy.
6. In a small bowl mix corn starch with cold water to a creamy smooth consistency. Bring sauce to simmer and whisk in cornstarch slurry.
7. Allow sauce to simmer for at least 10 minutes.
8. Roast tofu in oven at 350 F until the tofu begins to puff. Internal temperature should be at least 145 F.
9. Shingle tofu on serving platter. Ladle sauce over tofu. Garnish with scallions and toasted coconut.

