## Tofu Stir Fry

### About
Tofu is made from soybeans, which is a complete vegetarian protein source.

In an old Chinese legend, An Liu, a king of Huainan, invented tofu by mistake during his search for a potion to make him live forever. A chemist gave An Liu a secret recipe for a soybean drink that would make him live to be very old.

Making soybean milk was time-consuming but not complicated. An Liu soaked the beans, peeled the skins, pulverized the beans, filtered out water-soluble elements, then boiled the remains. He danced with joy when he saw his soy milk — and knocked Nigari, a compound found in ocean water, into the milk. The milk quickly curded into soft, silky, off-white, tasteless stuff that we call tofu.

### Ingredients

- **For stir fry**
  - 1 cake tofu, extra firm
  - 3 tbsp cooking oil
  - 1 small onion, finely sliced
  - 1 large carrot, sliced
  - 2 cups chopped bok choy
  - a handful of snow peas
  - 1 bell pepper, any color, diced
  - 1 cup broccoli, in small flowerettes

- **For hoisin sauce**
  - 2 tbsp hoisin sauce
  - 2 tbsp light miso
  - 1 1/2 tsp grated fresh ginger root
  - 2 tbsp sake or dry sherry
  - 2 tbsp fresh lime or lemon juice or rice vinegar

### Directions

Drain the liquid out of the tofu and set the tofu cake in the sink with a weight on the top of the tofu. This is to press excess liquid out of the tofu. Let sit while you prepare the rest of the ingredients.

In a small bowl, whisk together all the sauce ingredients. Set aside.

Pour oil into a wok or frying pan. Heat the oil over medium high heat. When the oil is hot, add the onions and carrots to the oil. Sauté until onion is soft. Add the bok choy and hoisin sauce, and stir fry for 2 more minutes.

Chop the drained tofu into small cubes. Add the tofu, snow peas, bell pepper, and broccoli to the wok, toss gently to mix, and heat through.

### Reference
Recipe from Melody Munson-McGee