



Spicy Miso Tofu with Broccoli Almond Rice

Tofu is the perfect blank canvas to showcase the power of sous vide cooking; tofu readily absorbs the marinade that it is exposed to during vacuum sealing and cooking. Cooking tofu in Suvie ensures that there is marinade throughout the tofu and not just on the surface.

Ingredients

1 (14 oz) block of extra firm tofu cut into ½ inch wide slabs
4 chipotle peppers in adobo finely chopped plus 4 tsp of sauce
2 tbsp miso paste, preferably sweet white
4 tsp vegetable oil

4 tsp brown sugar, dark or light
2 tbsp sesame oil, plus 1 tsp
2 tsp soy sauce
8 oz broccoli florets
1.2 cup slivered Farm Fresh Almonds
½ cup jasmine rice
salt and pepper
1 scallion, thinly sliced on the bias

Directions

Spread the tofu out over several layers of paper towels and then cover with additional paper towels.

Let sit to drain slightly while preparing the sauce, pressing down with hands occasionally to help expel water. In a small bowl whisk together the chipotle peppers and their sauce, miso paste, vegetable oil, brown sugar, 2 tbsp sesame oil, and soy sauce.

Transfer half the marinade to a small bowl and refrigerate until ready to serve. Transfer tofu in a single layer to 2 vacuum bags. If you do not have a vacuum bag, use a ziplock bag, making sure all the air is out of the bag when you close it. Add half of the remaining marinade to one bag and half of the remaining marinade to the other bag.

Vacuum seal both bags.

Place broccoli in vegetable pan and insert into Suvie.

Place vacuum-sealed tofu bags, one on top of the other, into the protein pan, fill with water to cover, and insert into Suvie.

Place rice and ½ tsp salt in starch pan and insert into Suvie.

Once your Suvie has finished cooking, remove the vacuum-sealed bags of tofu from the pan, pour off any residual water, and wipe pan dry. Remove broccoli from Suvie and transfer to a cutting board; wipe vegetable pan dry. Cut open the tofu vacuum bags, divide tofu between the protein and vegetable pans in a single layer, along with any extra sauce.

Return protein and vegetable pans with tofu to Suvie and set to broil. While the tofu broils, prepare the broccoli and rice. Finely chop broccoli into ¼ inch pieces. Fluff rice with a fork. Transfer broccoli and rice to a medium bowl and toss to combine. Drizzle 1 tsp sesame oil over the broccoli and rice and season to taste with salt and pepper.

Divide broccoli rice evenly between 2 shallow bowls and top with ¼ cup of slivered almonds in each bowl.

After broiling, remove tofu from Suvie and divide evenly over each serving of broccoli rice. Garnish with sliced scallion. Serve remaining reserved marinade on the side for dipping or pour over tofu for extra sauciness. Bon appetit!