

Ingredients:

- 1 package firm or extra firm tofu
- 1/3 cup soy sauce (adjust to taste)
- 2 tbsp brown sugar
- Optional red pepper flakes to taste
- 2-3 tbsp cooking oil
- 1 tbsp corn starch
- 1 package of broccoli florets, or a sliced zucchini, or whatever veggie you'd like to see in there

First, mix the soy sauce and brown sugar in a bowl. Next, take the tofu and slice in it 1/2-inch slices. Place the slices in the bowl to marinate for just a few minutes, turning and moving to make sure each piece of tofu is coated with the soy mixture.

Now put about two tablespoons of cooking oil in your skillet; more if needed to coat it well. Heat over high heat until quite hot. Drop the slices carefully into the hot oil so that one face of each slice is fully on the hot oil. Don't overlap them — if you can't fit them all flat in the skillet just do half at a time. Once laid down, let them fry untouched for 3-4 minutes each. You can peel up one of the slices at 3 minutes to peek at the underside and judge whether you want to let it go a minute longer.

Once the first side of each slice is nicely browned, make sure you still have enough oil in the pan to keep it coated. Flip each slice, and again cook for 3 minutes. Once done, lift each slice of tofu onto a plate. Stack them to keep warm. They look pretty good, don't they!

You can cook your broccoli or zucchini in the next step in the sauce, or you can steam your vegetable(s) separately and add at the end. Either way, at this point prep a small bowl or cup with 2 tbsp of cold water and 1 tbsp of corn starch, mixed thoroughly.

Now take the empty hot skillet, lower to medium heat, and pour in the soy+sugar mix you've already used as a marinade. Add a half cup of water, and red pepper flakes if using. Mix thoroughly as the sauce comes to a boil. If you're cooking the veggies in the skillet, add them at this point and cook until done — just a couple minutes for zucchini slices, a bit longer for broccoli florets.

Next add the tofu slabs back in, along with any veggies that have been cooked separately. Bring back to a boil, and pour in the water-cornstarch mixture. Stir a bit, carefully, without breaking up the tofu, to make sure the cornstarch mixture is distributed. Wait a minute or two until the sauce is thickened.

We usually serve this over rice or quinoa, but noodles would also work fine. Usually the rice or other accompaniment is done at about the same time as the tofu.