



SPOTLIGHT RECIPE

TOFU SAAG

- Briefly pat the tofu dry with paper towels. Heat 1 1/2 teaspoons of oil in a large nonstick skillet over medium-high heat. Add 1/2 of the tofu to the pan; cook 4 minutes or until golden, turning once. Drain the tofu on paper towels. Repeat the procedure with 1 1/2 teaspoons of the oil and the remaining tofu.
- Bring 2 inches of water to a boil in a large Dutch oven. Add the baby spinach and baby kale; cover and cook 4 minutes or until wilted, stirring occasionally. Drain well, reserving the cooking liquid. Place the spinach-kale mixture in a blender or food processor; blend until smooth, adding a tablespoon or 2 of the cooking liquid if needed.
- Combine the remaining 1 tablespoon of oil, 1 teaspoon cumin seeds and the next 4 ingredients (through the 3 chiles) in a large skillet over medium-high heat; cook 2 minutes or until the cumin turns golden brown, stirring frequently.
- Stir in the ginger and 1/4 teaspoon asafetida, if desired; cook 30 seconds, stirring constantly. Remove the cardamom pods and cloves with a slotted spoon; discard. Stir in the spinach-kale mixture; swirl 1/4 cup of the cooking liquid in a blender to extract the puree, and then add to a pan. Stir in the salt. Reduce the heat to medium; cook for 5 minutes.
- Place the tofu on top of the spinach-kale mixture; cover and cook for 5 minutes for a velvety texture, and then return to the pan and season to taste.

Ingredients

Servings: 6

- 21 ounces firm, water-packed tofu, cut into 1-inch squares
- 2 tablespoons canola oil, divided
- 10 ounces baby spinach, stemmed
- 10 ounces baby kale, stemmed
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 8 green cardamom pods
- 6 whole cloves
- 3 dried red chiles de arbol
- 2 tablespoons fresh ginger, minced
- 1/4 teaspoon asafetida (optional)
- 3/4 teaspoon kosher salt
- 1 1/2 tablespoons ghee or canola oil
- 3/4 teaspoon cumin seeds
- 1/2 teaspoon fennel seeds
- 3 dried red chiles de arbol
- 1/8 teaspoon asafetida (optional)
- 1/8 teaspoon ground red pepper
- 1 teaspoon water
- Combine the ghee or oil with 3/4 teaspoon cumin seeds, 1/2 teaspoon fennel seeds and 3 chiles in a small skillet over medium-high heat; cook 2 minutes or until the seeds turn golden brown, stirring frequently. Add 1/8 teaspoon of the asafetida, if desired, and ground red pepper. Carefully add 1 teaspoon of water to keep the ground red pepper from burning, and immediately pour the oil mixture into the spinach-kale mixture. Stir.