

Braised Cinnamon Tofu

This recipe is taken from Nina Simmonds' A Spoonful of Ginger. This is one of the best books I've found for providing yummy recipes with medicinal properties. Nina Simmonds likes this dish for its soothing, nurturing nature. Like millet, tofu helps to cool and detoxify the liver. You can find this book at Amazon.com (I have provided a link in my references section of this site). This recipe is on page #211.

1 tsp. safflower or corn oil
6 whole scallions, ends trimmed, smashed lightly with the flat side of a knife and cut into 1 ½ inch sections
6 garlic cloves, smashed lightly with the flat side of a knife and sliced thinly
4 slices fresh ginger, about the size of a quarter, smashed lightly with the flat side of a knife
1 tsp. hot chili paste
2 sticks cinnamon
1 tsp anise seed
½ cup soy sauce
6 cups water
2 pounds firm tofu, cut into 1 inch cubes
1 pound spinach, stems trimmed, rinsed, and drained
3 Tbsp. minced scallion greens

Heat a large pot or casserole over medium-high heat.

Add the oil, heat until hot, about 30 seconds, then add the seasonings (scallions through anise seed).

Stir-fry until fragrant (about 15 seconds), then add the soy sauce and water.

Heat until boiling, add the tofu, and boil again.

Reduce the heat to low, skim the surface to remove impurities and fat, then cover and simmer for 1 hour, until the tofu is drenched with the flavors of the braising mixture.

Remove the ginger slices and cinnamon sticks and discard. Add the spinach clump by clump to the tofu and heat until boiling.

Ladle the mixture into serving bowls, sprinkle scallion greens on top, and serve.