



Teriyaki Tofu

Esther swears that this dish tastes exactly like hekka, a dish that her Japanese mother made for her when she was a child. She loves it, and it's certainly one of our favorites too. Use the most colorful bell peppers that you can find, and serve over a bed of hot basmati rice or udon noodles.

1 cup tamari or soy sauce	3 cloves garlic, minced or pressed
½ cup sake	¼ cup sesame oil
½ cup unbleached cane sugar	2 tsp. dried mustard
2 Tbs. fresh ginger, minced	2 lbs. firm tofu

1. Combine all ingredients except for tofu in a small saucepan and heat to boiling. Simmer for 10 minutes.
2. While the marinade is simmering, drain the tofu blocks. Slice each block into 1" by 1" by 2" chunks. Divide tofu chunks into two ovenproof baking dishes. Pour hot marinade over tofu chunks and cover. When dishes are cool, place in refrigerator and let sit overnight. Turn tofu periodically.

2 Tbs. canola oil	8 oz. mushrooms, cut in half
2 medium onions, cut in wedges	3 large tomatoes, cut in wedges
3 red or yellow bell peppers, cut in strips	1 8-oz. can water chestnuts

3. Heat oil in large saucepan. Sauté onions for 3 minutes. Add peppers and mushrooms and sauté until onions are translucent. Divide vegetables between two baking dishes. Divide tomatoes and water chestnuts between baking dishes. Stir to combine.
4. Bake uncovered at 350° for about 35 minutes or until bubbly and beginning to brown. Serves 4 to 6.