

# Mom's Ground Turkey & Tofu

Recipe provided by Connie Cheung

## Ingredients

1 14-16oz. brick Extra firm tofu  
1 package ground lean turkey (1-1.5 lbs)  
1 Tablespoon soy sauce  
2 large cloves garlic, minced  
 $\frac{3}{4}$  cup warm water  
1  $\frac{1}{2}$  teaspoons cornstarch  
2 Tablespoons soy sauce for sauce  
Olive oil for frying  
Salt and Pepper to taste  
Red pepper flakes to taste  
2 scallions, sliced

## Mise en place! (Everything in its place)

### Directions

1. Drain water from tofu and set on plate. Place 2 paper towels on top of tofu and place 2<sup>nd</sup> plate on top. Weigh down with heavy pan or place a couple of canned goods on top of plate. Let sit 10 minutes to drain tofu.
2. Cut tofu into rectangles by lying first on long narrow side and slicing into thirds, then lay flat on widest side and cut in half lengthwise. Finish by making 2 cuts crosswise, creating 3 layers of 6 pieces each.
3. Heat about 2 Tablespoons olive oil in non stick pan until hot.
4. Season tofu well with salt and pepper.
5. Carefully lay tofu in hot oil, leaving some space between pieces. Fry over medium heat until it develops a golden crust, about 5 minutes. Turn and repeat on other side. Continue with all pieces of tofu. Set aside.
6. While tofu is cooking, start prepping turkey by adding 1 Tablespoon soy sauce. Add salt, pepper and red pepper flakes to taste. Mix well.
7. Heat 2-3 Tablespoons olive oil in a deep skillet.
8. Add turkey mixture and cook through until it is no longer pink.

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9. While the turkey is cooking prepare the sauce: Whisk cornstarch in warm water until it dissolves. Add the 2 Tablespoons of soy sauce.
10. Remove cooked turkey from skillet.
11. Add about 2 Tablespoons olive oil to skillet and heat. Add garlic and sauté over low heat about a minute, being careful not to burn.
12. Add sauce mixture and heat until it simmers and begins to thicken.
13. Add turkey back in and stir to coat well. Gently add tofu back in, being careful not to break pieces. Heat through and garnish with scallions.
14. Serve with rice and side dish of Asian vegetables.

[Link to Video](#)