

*Belinda Jeffery*



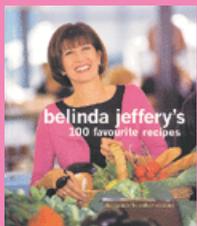
## BRAISED TOFU WITH EGGPLANT, GINGER AND PECANS

Serves 4.

### Ingredients:

4 medium size **eggplants**  
Salt, for sprinkling  
Light **olive oil**, for cooking eggplant  
80ml **sesame oil**  
240ml **soy sauce**  
120ml **white wine vinegar**  
8 tablespoons soft **brown sugar**  
1 large bunch **green onions** (shallots), roots trimmed  
1/3 cup finely chopped fresh **ginger**  
4 large cloves **garlic**, finely chopped  
1-2 small **red chillies** (depending on how hot you like it), finely chopped  
2 x 225g cans **Marigold Braised Tofu**  
150g roasted **pecans**, very coarsely chopped

- Cut the eggplants into 1cm thick slices. Layer the slices in a colander, sprinkling a little salt between each layer. Leave to drain for 20 minutes. Rinse under cool water and pat dry.
- Heat a thin layer of light olive oil in a large frying pan over medium heat. Add a single layer of eggplant slices, and cook until golden on both sides. Drain on paper towels. Repeat with remaining eggplant until none remains, topping up the cooking oil as necessary. (You can also grill or barbecue the eggplant.) When cool enough to handle, slice the eggplant into narrow strips and put them into a large bowl. Set aside.
- Pour the sesame oil, soy sauce and vinegar into a medium size bowl. Add the brown sugar and whisk together until the sugar dissolves. Set aside.
- Finely slice the white and paler green parts of the shallots. Discard all but three of the dark green tops (they can be a little bitter so I don't generally use them). Slice the 3 remaining tops on the diagonal into very fine strips. Reserve separately for garnishing.
- Heat a little more oil (2-3 tablespoons) in the frying pan, or in a large wok, over high heat. Add the shallots, ginger, garlic and chillies and stir-fry for 30 seconds. Pour in the soy sauce mixture and cook for 2 minutes. Meanwhile, drain the tofu, pat it dry and carefully cut into 2cm chunks. Gently mix these into the eggplant along with most of the roasted pecans.
- Now pour the hot soy mixture into the eggplant bowl too and gently stir everything together. Pile into a warm serving bowl and garnish with the reserved shallots and remaining pecans.
- Serve warm over rice or noodles (it's also surprisingly good at room temperature).  
(P.S. For those who like things hot, I occasionally scatter a bit more finely sliced chilli on top.)



**Belinda Jeffery**, one of Australia's most experienced, recognised and popular food writers and television food presenters, has a lifetime passion and natural flair for creating innovative, delicious recipes.

For six years, as the 'Face of Food', she inspired TV audiences as cooking presenter on the *Better Homes and Gardens* TV series, winning international and Australian awards.

As well as showing people how to make delicious food, Belinda writes extensively. She has written for *Better Homes and Gardens* magazine, *Belle Entertaining*, *Vogue Entertaining*, *Delicious* plus other magazines, Travellers' Dining Guides, various Good Food Guides, and the ABC.

The recipes in her books *Belinda Jeffery's 100 Favourite Recipes*, *Belinda Jeffery's Tried-and-True Recipes* - and her latest, *Mix and Bake*, published by Penguin Books - are always clear and straightforward, as are her teaching classes and demonstrations.

See [www.penguin.com.au](http://www.penguin.com.au) for more information on Belinda's excellent books.

