

# Stir-Fried Tofu With Ginger

By [Hetty McKinnon](#)



Bobbi Lin for The New York Times. Food Stylist: Eugene Jho.

**Time** 20 minutes

**Level**

**Rating** 4 ★★★★★ (470)

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## INGREDIENTS

**Yield:** 4 servings

**For the Tofu**

2 (14-ounce) packages  
extra firm tofu, drained

Tofu and ginger share equal billing in this easy, economical weeknight stir-fry. The ginger is sliced into fine slivers and added towards the end of cooking so that it retains a fresh, slightly raw bite, while also adding texture to the dish. The bouncy and juicy texture of the tofu is achieved by lightly dusting the tofu with cornstarch which absorbs excess moisture, helps the tofu stay intact and ensures that the sauce clings to every surface. To make sure that your tofu doesn't stick to the pan use a very well-seasoned wok or cast-iron pan and heat it well, until you can see smoke rising from the surface of the pan. (Or use a non-stick pan, and there's no need to heat until smoking.) If you do find a lot of the tofu stuck to the pan after Step 3, add 2 to 3 tablespoons of water to deglaze it before adding the ginger, scallions and sauce.

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## PREPARATION

### Step 1

Prepare the tofu. Using clean hands, crumble the tofu into roughly 1- to 1 1/2-inch chunks. There will also be smaller pieces and that is fine. Add the tofu

4 tablespoons soy sauce

2 tablespoons cornstarch

½ teaspoon five spice powder

¼ teaspoon white or black pepper

Neutral oil (such as canola or sunflower)

1 bunch scallions (about 8 stems), trimmed, white and green parts separated and cut into 2-inch segments

3-inch piece ginger (about 3 ounces), peeled and finely julienned (½ packed cup julienned ginger)

Toasted white sesame seeds, to serve

Rice, to serve

#### For the Sauce

2 tablespoons light soy sauce

2 tablespoons Shaoxing wine or dry sherry

2 teaspoons chile oil or crisp

½ teaspoon granulated sugar

to a large bowl and add the soy sauce, cornstarch, five-spice powder and pepper. Toss to coat. (This is easiest done with clean hands.) Set aside to marinate for 10 minutes. (You can also leave it to marinate overnight in the fridge.)

#### Step 2

Meanwhile, in a small bowl, prepare the stir-fry sauce by combining the light soy sauce, Shaoxing wine, chile oil and sugar.

#### Step 3

Heat a wok or large well-seasoned or non-stick skillet over medium high. When hot, add 2 tablespoons of neutral oil, along with the white parts of the scallions and the marinated tofu. Stir fry for 4 to 5 minutes until the tofu starts to brown and the white parts of the scallions are soft.

#### Step 4

Add the ginger, green parts of the scallions and the stir-fry sauce and stir for 1 minute until fragrant and the green scallions are just tender.

#### Step 5

Transfer to a plate, top with sesame seeds and serve with rice.

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[Nutritional Information](#)