

Tofu Scramble

By [Ali Slagle](#)



Ryan Liebe for The New York Times. Food Stylist: Barrett Washburne.

Time 15 to 45 minutes

Rating 4 ★★★★★ (1404)

Note [Read 122 community notes](#) ↕

Save

🎁 Give



INGREDIENTS

Yield: 4 servings

1 (14-ounce) block firm or extra-firm tofu

1 tablespoon low-sodium soy sauce or tamari

½ teaspoon ground turmeric

PREPARATION

Step 1

Cut the block of tofu in half horizontally as you would a hamburger bun. Pat both pieces dry and wrap in paper towels. If time allows, press the tofu by placing a cast-iron skillet or other heavy object on top of the wrapped tofu for about 30 minutes.

½ teaspoon ground cumin
Kosher salt and black pepper
2 tablespoons canola oil
2 scallions, trimmed and thinly sliced

[Add to Your Grocery List](#)

[Ingredient Substitution Guide](#)

[Nutritional Information](#)

(This helps remove moisture so the tofu retains its shape better during cooking.)

Step 2

In a measuring cup or bowl, combine the soy sauce, turmeric and cumin with 2 tablespoons water.

Step 3

Unwrap the tofu and season on all sides with salt and pepper. Heat the oil in a medium skillet over medium-high. Add the tofu blocks and cook until golden brown and crisp on the bottom, 3 to 4 minutes. Flip the tofu and cook until golden brown and crisp on the other side, another 3 to 4 minutes. If the tofu is emitting water, hold the tofu with a spatula and pour the water out of the pan.

Step 4

Lower the heat to medium. Using a spatula or wooden spoon, break up the tofu into chunks. Add the scallions and the seasoning mixture and cook, stirring and continuing to break up the tofu, until absorbed, about 2 minutes. Serve immediately.

Similar Recipes



[Tofu With Sizzling...](#)



[Khoresh Rivas...](#)



[Black-Eyed Peas With...](#)

RATINGS

★4 out of 5

1404 user ratings

Your rating



Have you cooked this?

COOKING NOTES

Add Note

Share your notes with other cooks or make a private note for yourself...

Public Private