

Tofu Broccoli Tumble

No. of people: 100

3 Deep Hotel Trays

Ginger, grated 1 cup
Broccoli Crowns, cut into florets 1 ½ case
Carrots, peeled and sliced 22 lbs
Tofu, cut into 1 inch cubes 28 lbs
Canola Oil 2 cups
Tamari 4 cups

Directions:

1. Prep the the ginger.
2. Cut the broccoli into florets and bite size chunks. Store in buckets in the walk-in.
3. Peel and slice the carrots on the Robot Coupe or by hand. Store in a bucket in the walk-in.
4. Cut tofu into 1 inch cubes. Put the tofu cubes in shallow hotel pans.
5. Place **half** the oil and **half** the tamari in a large bowl and mix well with a whisk.
6. Toss tofu gently but thoroughly with tamari oil mix. Cover with lids and stack in walk-in to marinate over night.
7. Preheat the convection oven to 500 °F at 9:15 AM.
8. Remove marinating tofu from walk-in and spread the tofu in single layers on **oiled** large, flat sheet pans.
9. Place all the sheet pans in the oven and bake for 25-30 minutes or longer if they are not yet nicely browned and somewhat crispy. Remove to the baker's rack.
10. Rinse the broccoli under running cold water.
11. Place the two rondos (the large, low sided pots labeled #1) one on each candy stove. Divide the **remaining** oil between them and warm gently. Reduce heat and then add the ginger and the oil and sauté for a few minutes stirring constantly. Do not burn the spices!
12. Split the broccoli, carrots and the **remaining** tamari between the two pots. Stir well to coat the veggies and cook covered on medium-high heat until the veggies are cooked. They must not be crunchy nor mushy.
13. Divide the cooked veggies, whatever liquid there may be in the pots, and the roasted tofu among the hotel pans. Toss the contents of each to mix uniformly and serve.