

Tofu Scramble

(Scrambled Egg Replacement)



Serves: 4

INGREDIENTS

1 tablespoon (15 milliliters) oil or 2 tablespoons (30 milliliters) water or broth

1 pound (450 grams) firm tofu, drained (do not use super-firm or extra-firm tofu)

¼ to ½ teaspoon (1.25 to 2.5 milliliters) turmeric, adjust so color is like scrambled eggs

1 teaspoon (5 milliliters) low-sodium soy sauce or tamari

Couple pinches of Indian black salt, to taste*

1 teaspoon (5 milliliters) honey, agave, or other liquid sweetener of your choice, optional

1½ tablespoons (22.5 milliliters) nutritional yeast

Freshly ground black pepper, to taste

Nutritional Info (per ¼ recipe): Calories 139, Total Fat 8.2 g, Saturated Fat 1.4 g, Cholesterol 0 mg, Sodium 200 mg, Total Carbohydrate 5.9 g, Dietary Fiber 1.7 g, Sugars 2.2 g, Protein 12.3 g, Vitamin A 0%, Vitamin C 0%, Calcium 23%, Iron 12%

This basic recipe for tofu scramble will satisfy a scrambled egg craving. It is not meant to be an identical stand-in but has flavor and texture profiles reminiscent of scrambled eggs.

INSTRUCTIONS

1. Heat a large nonstick sauté pan over medium-high heat, then add oil, water, or broth. Crumble tofu into pan and add ¼ teaspoon (1.25 milliliters) turmeric, low-sodium soy sauce, black salt, liquid sweetener, nutritional yeast, and freshly ground black pepper. Stir to thoroughly combine.
2. Cook until liquid evaporates from the tofu and add more turmeric if not yellow enough. Taste for seasoning and add more black salt as needed to achieve the slight sulfurous taste of eggs.
3. Cook until the amount of moisture evaporation you want has occurred. Remove from heat and serve.

NOTES

- *Indian black salt goes by several names including *kala namak*, Himalayan black salt, and others. It is a type of salt with sulfur-containing compounds that give food an umami, eggy taste. The salt isn't always black, despite the name. It can range from black, to purple, to a brownish-pink color prior to cooking and when added to food may change to deep reds and browns from the iron sulfide compounds in the salt. If you omit the salt, it will not taste as "eggy" but will still be tasty.
- The sweetener and oil help with browning. If omitted, there will be little to no browning, and you would just cook until liquid has evaporated, plus a couple extra minutes to dry the mixture somewhat.

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.