

Mapo Doufu

with Szechuan Pepper & Brown Rice

You'll find the Szechuan pepper to be a totally unique sensory experience in this dish. Mapo Doufu and other dishes from the Szechuan province of China often feature this key ingredient. Since it's not related to black, white, green or even chili peppers, its flavor is completely different. You might pick up floral or herbal notes, but you can't avoid the quintessential tingly menthol feeling that this stuff is known for. Its numbing effect makes it the perfect flavor to pair with spicy chili sauce.



Ingredients

- 1 Package Firm Silken Tofu
- 2 Tablespoons Soy Sauce
- 3 Scallions
- 1 Leek
- 2 Cloves Garlic
- 1 Small Piece of Ginger
- 1 Teaspoon Szechuan Peppercorns
- $\frac{3}{4}$ Cup Brown Rice
- 1 Cup Vegetable Broth
- 1 Tablespoon Chili Bean Sauce
- 2 Teaspoons Sesame Oil
- 2 Tablespoons Peanuts

Makes 2 Servings
About 500 Calories Per Serving



Instructions

1



Marinate the tofu:

Drain the excess water out of the **tofu** and chop it into 1-inch cubes and place into a small bowl. Add the **soy sauce** and gently toss to coat. Let stand.

2



Prepare your ingredients:

In a small pot, heat **1½ cups of salted water** to boiling on high. Wash and dry the fresh produce. Slice the scallions, separating the green tops and white bottoms into 2 bowls. Discard the dark green top of the leek and cut in half lengthwise. Rinse under cool water to remove any grit from the layers and thinly slice. Peel and finely chop the garlic and ginger. Using the side of a knife, crush the Sichuan peppercorns until they are a fine powder.

3



Cook the rice:

Once the pot of water boils, stir in the **brown rice**. Cover and reduce the heat to low. Simmer for 17 to 20 minutes, or until all the water is absorbed.

4



Stir-fry the vegetables:

Once the pot of water boils, stir in the **brown rice**. Cover and reduce the heat to low. Simmer for 17 to 20 minutes, or until all the water is absorbed.

5



Add the tofu:

Add the **marinated tofu** (with soy sauce) and **crushed peppercorns**; cook 30 seconds to 1 minute, or until slightly reduced in volume. Add the **vegetable broth**, **chili bean sauce** and **sesame oil**. (If you're not a fan of spicy foods, you may want to use only half of the chili bean sauce.) Simmer for 5 to 8 minutes, or until the mixture is slightly thickened, gently stirring occasionally.

6



Plate your dish:

Divide the cooked brown rice between 2 dishes and top with the tofu-leek mixture. Garnish with the **green scallions** and **peanuts**. Enjoy!