

Orange-Glazed Tofu

with Barley & Vegetable Salad

This barley and fresh vegetable salad features some special summer produce like shishito peppers and burpless cucumber. Shishitos are mild, though about one in ten peppers can be spicy. The tips of the peppers appear to resemble a lion's head, or "shishi" in Japanese. We like them and the cucumber or their crisp, sweet crunch that's wonderful with the nutty barley and citrus-glazed tofu.



Ingredients

- 3 Ounces Baby Radishes
- 2 Ounces Shishito Peppers
- 2 Oranges
- 1 Bunch Thai Basil
- 1 Burpless Cucumber
- 1 Package Extra Firm Tofu
- 1 Shallot
- $\frac{3}{4}$ Cup Pearled Barley
- 1 Tablespoon Honey
- 2 Birdseye Chilis
- 2 Tablespoons White Wine Vinegar

Makes 2 Servings
About 695 Calories Per Serving



Instructions



Prepare your ingredients:

Preheat the oven to 500°F. Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Cut the radishes into wedges. Slice the shishito peppers into rounds. With a paring knife or peeler, remove the peel of half an orange. Finely chop the peel to make about 2 teaspoons of zest (or use a citrus grater). Squeeze all the juice from both oranges. Pick the Thai basil leaves off the stems. Peel and slice the cucumber into rounds. Drain and pat dry the tofu, then cut it into ¼-inch-thick planks. Peel and mince the shallot.



Roast the tofu:

While the barley cooks, roast the tofu. Place the **tofu** in a single layer on an oiled baking sheet. Drizzle some olive oil over the tofu and season it with salt. Roast in the oven 13 to 15 minutes, or until golden brown on the edges.



Make the barley salad:

In a small bowl, combine **about 2 tablespoons of the minced shallot, the vinegar, and the orange zest**. Gradually whisk in enough olive oil to make a dressing. Season with salt and pepper to taste. In a medium bowl, combine the **barley, radishes, shishito peppers, cucumber, and half the basil leaves**. Add some of the dressing and stir to combine. Season with salt and pepper to taste.



Cook the barley:

Add the **barley** to the pot of boiling water. Cook 16 to 18 minutes, or until tender. Drain thoroughly.



Make the glaze:

In a small pot, heat the **orange juice** to boiling on medium-high. Simmer 7 to 9 minutes, or until syrupy and thickened. (It will reduce in volume quite a bit, and you may end up with a few tablespoons of glaze.) Remove from the heat, then stir in the **honey** and the **birdseye chilis**.



Plate the dish:

Place half the roasted tofu slices on each of 2 plates. Spoon the glaze over the tofu. Top the tofu with the barley salad. Garnish with the **remaining Thai basil**. Enjoy!