

# BBQ Tofu & Sorghum-Glazed Heirloom Carrots

*with Creamy Collard Green & Millet Pilaf*

Sorghum is a tropical grass plant that produces a hearty grain. (This grain is actually one of the most widely eaten cereal crops in the world.) The stalks of the plant are rich in sugar and can be made into a delicious, molasses-like syrup. In the American South, sorghum syrup is traditionally poured over biscuits. But it can also be used as a glaze for delicious, savory ingredients—like the beautiful heirloom carrots in this down-home BBQ tofu.



## Ingredients

- 1 14-Ounce Package Extra Firm Tofu
- $\frac{3}{4}$  Cup Millet
- 3 Cloves Garlic
- 1 Bunch Collard Greens
- $\frac{1}{2}$  Pound Multicolored Heirloom Carrots

## Knick Knacks

- 3 Tablespoons Butter
- 2 Tablespoons Heavy Cream
- 2 Tablespoons Sorghum Syrup
- 1 1-Inch Piece Ginger
- 1 Teaspoon White Sesame Seeds
- $\frac{1}{4}$  Cup Barbecue Sauce
- 2 Teaspoons Southern Spice Blend  
(Celery Seed, Dill Seed, Black Mustard Seed & Ground Turmeric)

**Makes 2 Servings**

**About 700 Calories Per Serving**

**Cooking Time: 25 to 35 minutes**





1

*Prepare the ingredients:*

Wash and dry the fresh produce. Drain the tofu and pat it dry with paper towels; cut it into 1-inch cubes. Peel and mince the garlic and ginger. Remove and discard the stems of the collard greens; roughly chop the leaves. Quarter the carrots lengthwise.

2

*Start the millet pilaf:*

In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and **spice blend**; cook, stirring frequently, 30 seconds to 1 minute, or until toasted and fragrant. Add the **collard greens**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly wilted. Add the **millet**; cook, stirring frequently, 30 seconds to 1 minute, or until toasted and fragrant.

3

*Finish the millet pilaf:*

Add the **heavy cream** and **2¼ cups of water** to the pot of greens and millet; season with salt and pepper. Bring to a boil, cover and reduce the heat to low. Simmer, without stirring, 20 to 22 minutes, or until the liquid is absorbed and the millet is tender. Remove from heat and fluff with a fork. Stir in **half the butter**; season with salt and pepper to taste and set aside in a warm place.

4

*Cook & dress the tofu:*

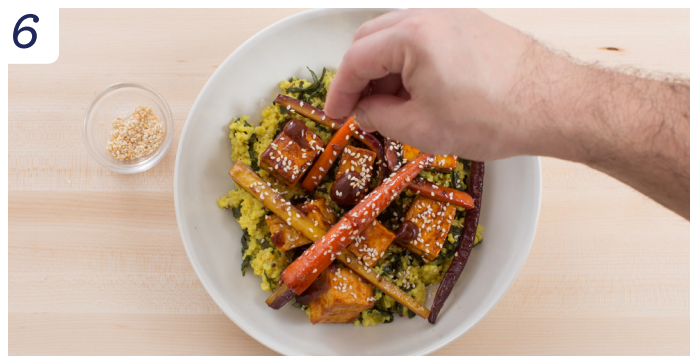
Once the millet has cooked for about 5 minutes, season the **cubed tofu** with salt and pepper. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the seasoned tofu; cook, flipping occasionally, 4 to 6 minutes, or until browned on all sides. Transfer to a medium bowl. Add **three-quarters of the barbecue sauce** to the bowl of tofu; stir gently to coat. Set aside. Wipe out the pan.

5

*Glaze the carrots:*

Heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots** and **ginger**; cook, stirring occasionally, 3 to 5 minutes, or until slightly softened. Add **½ cup of water**; cook, stirring occasionally, 2 to 4 minutes, or until the water has evaporated. Add the **sorghum syrup** and **remaining butter**; cook, stirring occasionally, 1 to 2 minutes, or until the carrots are tender and coated. Season with salt and pepper to taste; remove from heat.

6

*Plate your dish:*

Divide the **BBQ tofu**, **millet pilaf** and **glazed carrots** between 2 dishes. Garnish with the **remaining barbecue sauce** and **sesame seeds**. Enjoy!