

Indo-Chinese Crispy Tofu Manchurian (1-pan, 30 minutes)

Prep: 10 minutes • Cook: 20 minutes

Sticky, crispy tofu in a ginger- and garlic-forward Manchurian sauce with a sweet heat, perfect over rice, noodles, or in lettuce wraps. Addictive umami with crunchy edges and a glossy, tangy-chile glaze.

Ingredients

- 15 ounces tofu (firm or extra-firm, pressed at least 15 minutes, cut or torn into bite-sized pieces)
- 1/4 cup rice flour
- 1/4 cup cornstarch
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 teaspoon Kashmiri chili powder
- 2 teaspoons oil (for pan-frying tofu)
- 2 teaspoons oil (for sauce)
- 6 to 8 cloves garlic (minced)
- 1 inch ginger (minced)
- 1 green chili (minced)
- 2 tablespoons green onion whites (chopped)
- 2 tablespoons green bell pepper (chopped)
- 1/4 teaspoon salt
- 1 1/2 tablespoons sambal oelek
- 1 1/2 tablespoons ketchup
- 1/4 cup soy sauce (or tamari for gluten-free, or coconut aminos for soy-free)
- 2 teaspoons white vinegar (or rice vinegar)
- 1 teaspoon sugar
- 1/8 teaspoon white pepper
- 1/2 teaspoon Kashmiri chili powder
- 1 tablespoon ginger-garlic paste (optional)
- 1 teaspoon cornstarch (mixed into slurry)
- 1/2 cup water (for cornstarch slurry)
- to taste green onion greens (sliced, for garnish)
- to taste sesame seeds (for garnish)

- to taste cilantro (chopped, for garnish)

Instructions

1. Press tofu for at least 15 minutes, then cut into cubes/strips or tear into bite-sized pieces.
2. In a bowl or zip-top bag, combine rice flour, cornstarch, salt, garlic powder, black pepper, and Kashmiri chili powder.
3. Add tofu and gently toss to coat evenly without breaking the pieces.
4. Heat a skillet over medium-high and add 2 teaspoons oil. Shake off excess coating from tofu and add to the pan.
5. Pan-fry undisturbed 2 to 3 minutes, then flip and continue cooking, turning every minute until most edges are crisp and golden. Remove tofu and set aside.
6. In the same skillet, add 2 teaspoons oil and reduce heat to medium. Add minced garlic, ginger, and green chili; sauté until the garlic just starts to turn golden.
7. Add chopped green onion (white parts), bell pepper, and salt; cook 1 to 2 minutes.
8. Stir in sambal oelek, ketchup, soy sauce (or tamari/coconut aminos), vinegar, sugar, white pepper, Kashmiri chili powder, and optional ginger-garlic paste. Bring to a boil (about 1 minute).
9. Mix cornstarch with water to make a slurry, pour into the pan, and cook about 2 minutes until the sauce thickens slightly.
10. If serving immediately, add the crispy tofu to the sauce and toss gently to coat, then turn off the heat.
11. Garnish with green onion greens, sesame seeds, and/or cilantro. Serve right away over rice, quinoa, noodles, in lettuce wraps, or as an appetizer.

Tags: Indo Chinese, Tofu, Vegan, Nut Free, Gluten Free Option, Soy Free Option
