



Tofu Bhurji (Scramble)

By Chef Veera Gaul, Ph.D.



Ingredients

- 2 (14 oz) packages extra firm tofu
- 2-3 tablespoons O&V [Unflavored EVOO](#) *
- 1 teaspoon cumin seeds
- 1 small red onion, finely chopped
- 1 small fresh Thai chili, unseeded & finely chopped (more for heat)
- 2 small tomatoes, deseeded and finely chopped
- 2 cloves garlic, minced
- ¼ teaspoon minced or grated ginger (optional)
- 1 red bell pepper, deseeded and finely chopped
- 1 ½ teaspoon turmeric
- ½ teaspoon red chili powder (more to taste)
- 1 teaspoon black pepper
- ¼ teaspoon Indian Black Salt (optional)
- ½ teaspoon kosher salt
- ½ bunch cilantro, leaves chopped
- Lime wedges and/or toast to serve

Preparation

Remove moisture from tofu by placing on paper towels, and placing a weight on top. Place in a bowl and gently crumble (don't over mash).

Heat the oil in a large skillet on medium heat. Add cumin seeds and cook till fragrant and spluttering. Add onions and Thai chili and cook till the onions turn translucent. Add the chopped red peppers and ginger (if using) and continue cooking until soft and tender (total of 6-10 minutes).

Add the garlic and tomatoes red chili powder and turmeric. Cook till tomatoes break down and get soft. Add in black pepper, black salt and kosher salt.

Stir in the tofu gently into the tomato mixture and cook until all liquid has evaporated. Don't overwork or it will become pasty. Stir in the cilantro and serve with a squeeze of lime juice on its own, or with toast or Indian breads.

Serves 6

Total Time: 40 minutes

Notes

* Any high-quality [Unflavored oil](#) will add nice health benefits and flavor. You can purchase kala namak at any Indian grocery store or simply omit and season with regular salt and pepper.

Categories: Entrée, Gluten Free, Dairy Free, Vegan, Vegetarian, Easy Lunch, Breakfast & Brunch, Indian Flavors, Side, Unflavored oil, Bonsecco, Indian Black Salt, Kala Namak. Tofu Scramble,