



Black Pepper Sauce for Tofu

Prep: 15 min

Cooking: 30 min

Ingredients

5 tbsp / 75 ml tamari (for gluten-free version) or soy sauce

5 tsp rice wine vinegar

2 tbsp / 30 ml maple syrup or dark brown sugar

3 level tsp cornflour / cornstarch

4 large garlic cloves, pressed or chopped very finely

3 drops of ginger essential oil

1 hot chilli pepper, sliced thinly or chilli flakes, to taste

4 small spring onions, sliced thinly

3-4 drops black pepper essential oil

sesame seeds, to garnish (optional)

METHOD

In a bowl, mix tamari (or soy sauce), rice wine vinegar and maple syrup with 6 tbsp (90 ml) of water. In a separate small bowl prepare cornflour slurry (mix 3 tsp of cornflour with 2 tbsp of water), which helps to thicken the sauce slightly. Pour a tablespoon of oil and add sliced white parts of spring onions (save green bits as garnish) and sliced chilli. Fry gently on medium heat until they both soften, for about 5 minutes. After 5 minutes add pressed garlic cloves and grated ginger and fry for a bit stirring constantly so that they don't burn.

Push the contents of the wok to the side (or set aside on a small plate) and pour in the sauce you prepared earlier and cornflour slurry (mix well before adding as cornflour will drop to the bottom). Mix the two together and let the sauce come to the boil gently. Let the sauce bubble gently for a minute or two so that it thickens a bit. Now incorporate softened spring onions, chilli, ginger and garlic mixture back into the sauce and black pepper 3-4 drops or to taste.

Add fried or baked tofu to the sauce to warm it up gently. Serve over a bowl of steaming hot rice.