



Tasty Tofu Indonesian "Satay" Sticks + Soy Sunflower Sauce + Sweet Chili Cucumber Salad

By Dylan Sabuco , Dylan Sabuco

Prep Time 30 / **Cook Time** 10 / **Serves** 4 - 6

Shopping List

- ☐ FRESH
- ☐ 2 blocks extra firm tofu ****(see allergy subs below)****
- ☐ 4 green onions
- ☐ 2 cucumbers
- ☐ 1 large carrot
- ☐ PANTRY
- ☐ 1/4 C soy sauce ****(see allergy subs below)****
- ☐ 1/3 C honey
- ☐ 1/4 C rice vinegar
- ☐ 1 tsp ground ginger
- ☐ 2 1/4 tsp salt
- ☐ 3/4 tsp ground black pepper
- ☐ 12 to 14 popsicle sticks
- ☐ 1/2 C sunflower butter
- ☐ 1 tsp garlic powder
- ☐ 1/4 C vegetable oil ******
- ☐ 1 tsp crushed red pepper flakes ****(see allergy subs below)****

☐ HAVE ON HAND

☐ 1/4 tsp water, or more as needed

☐ "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)

☐ 4 C water

☐ 2 C ice

☐ Choose 1 or more of the following fresh ingredients to flavor your water:

☐ 1 cucumber

☐ 1 lime

☐ 1 lemon

☐ 1 orange

☐ 1 mint sprig

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

marinate: to soak food in a seasoned liquid to add flavor and tenderize it before cooking.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

marinate: to soak food in a seasoned liquid to add flavor and tenderize it before cooking.

Equipment

- ☐ Pitcher
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Measuring cups
- ☐ Large skillet or sauté pan
- ☐ Large mixing bowl
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Wooden spoon
- ☐ Popsicle sticks
- ☐ Medium mixing bowl
- ☐ Grater
- ☐ Small mixing bowl

Ingredients

"Water You Cooking Up?" Flavored Water

- ☐ 4 C water
- ☐ 2 C ice
- ☐ Choose 1 or more of the following fresh ingredients to flavor your water:
 - ☐ 1 cucumber
 - ☐ 1 lime
 - ☐ 1 lemon
 - ☐ 1 orange
 - ☐ 1 mint sprig

Tasty Tofu Indonesian "Satay" Sticks

- ☐ 2 T soy sauce ****(for GLUTEN/SOY ALLERGY sub coconut aminos)****
- ☐ 2 T honey
- ☐ 2 T rice vinegar
- ☐ 1 tsp ground ginger
- ☐ 1 pinch salt
- ☐ 1 pinch ground black pepper
- ☐ 2 blocks extra firm tofu ****(for SOY ALLERGY sub 2 zucchini)****
- ☐ 12 to 14 popsicle sticks
- ☐ 1 T vegetable oil ******

Sticky Soy Sunflower Sauce

- ☐ 1/2 C sunflower butter
- ☐ 2 T vegetable oil ******
- ☐ 1 T soy sauce ****(for GLUTEN/SOY ALLERGY sub coconut aminos)****
- ☐ 1 T honey
- ☐ 1/2 tsp garlic powder
- ☐ 1 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 1 tsp rice vinegar
- ☐ 1/4 tsp water, or more as needed
- ☐ 2 green onions

Sweet Chili Carrot Cucumber Salad

- ☐ 2 green onions
- ☐ 2 cucumbers
- ☐ 1 large carrot
- ☐ 1 tsp salt
- ☐ 1 tsp vegetable oil ******
- ☐ 1 T honey

- ☐ 1/2 tsp garlic powder
- ☐ 1 tsp crushed red pepper flakes ****(Omit for NIGHTSHADE ALLERGY)****
- ☐ 1 T rice vinegar

Food Allergen Substitutions

"Water You Cooking Up?" Flavored Water

Tasty Tofu Indonesian "Satay" Sticks

Gluten/Wheat/Soy: Substitute coconut aminos for soy sauce.

Soy: For 1 block extra firm tofu, substitute 2 zucchini. Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Sticky Soy Sunflower Sauce

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Gluten/Wheat/Soy: Substitute coconut aminos for soy sauce.

Sweet Chili Carrot Cucumber Salad

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Nightshade: Omit crushed red pepper flakes.

Instructions

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

Tasty Tofu Indonesian "Satay" Sticks

intro

"Selamat siang" (Seh-lah-maht see-yahng) or "Good day" in Indonesian! Satay is on the menu today! This Indonesian dish traditionally combines meat pounded flat, coated in spices, skewered, and cooked over a very high heat. This Sticky Fingers Cooking version features tofu instead of meat but keeps all the other

traditional seasoning. Have fun with these Tasty Tofu Indonesian "Satay" Sticks; after all, food is generally more fun when served on a stick!

measure + whisk + slice

In a large mixing bowl, measure and whisk **2 tablespoons soy sauce, 2 tablespoons honey, 2 tablespoons rice vinegar, 1 teaspoon ground ginger, 1 pinch of salt, and 1 pinch of ground black pepper**. Then, slice **2 blocks of extra firm tofu** into thick cubes and add the tofu to the bowl of seasonings.

superstar food spotlight

Tofu is an amazing superstar food. It is eaten in many different ways and is a staple of many Asian cultures. How is this superstar made? It's actually very similar to making cheese. First, soybeans are soaked in water, ground, and boiled. From there, the mixture is separated into solid soy pulp and soy milk. Then, many different things are added to the soy pulp, such as salt, calcium, and magnesium, to help the soy develop the soft, spongy tofu texture we are familiar with. The last two steps are to press the soy pulp mixture into a mold (usually a square). There are many different types of tofu, such as extra firm, firm, soft, and silken. These varieties are determined by how much tofu is pressed into the mold. More tofu in the mold will result in a firmer block of tofu. Finally, the tofu is soaked in cold water, packaged, and shipped off for us to cook.

toss + marinate

Toss the mixture of tofu and seasonings until everything is well mixed and coating the tofu. Marinate for 10 minutes or more. Marinating tofu is a great way to impart flavor. Tofu is absorbent, so the longer it marinades, the more flavor it will absorb.

skewer + sauté

Remove the tofu from the marinade. Then, poke the tofu onto 12 to 14 popsicle sticks to use as skewers. Add **1 tablespoon of oil** to a large skillet over medium heat. Then, place the tofu satay sticks in the skillet. Sauté for at least 10 minutes or until browned.

dip + devour

Remove the satay from the skillet. Serve them alongside the **Sticky Soy Sunflower Sauce**. Dip, dunk, and devour! "Selamat makan" (Seh-lah-maht mah-kan) or "Bon appetit" in Indonesian!

Sticky Soy Sunflower Sauce

measure + whisk

Measure and whisk the following ingredients in a medium bowl: **1/2 cup sunflower butter, 2 tablespoons vegetable oil, 1 tablespoon soy sauce, 1 tablespoon honey, 1/2 teaspoon garlic powder, 1 teaspoon salt, 1/2 teaspoon black pepper, and 1 teaspoon rice vinegar**. Add **1/4 teaspoon water** or more if the sunbutter is extra thick. Whisk until fully combined. Let's count to 10 in Indonesian while we stir: 1 satu (SAH-too), 2 dua (DOO-uh), 3 tiga (TEE-guh), 4 empat (UHM-paht), 5 lima

(LEE-muh), 6 enam (UH-nahm), 7 tujuh (TOO-joo), 8 delapan (deh-LAH-pahn), 9 sembilan (sehm-BEE-lahn), 10 sepuluh (seh-POOH-looh)

chop + sprinkle

Chop **2 green onions** into small pieces. Sprinkle the green onions over the Sticky Soy Sunflower Sauce.

dunk + devour

Serve your Sticky Soy Sunflower Sauce with the **Tasty Indonesian "Satay" Sticks**. Dunk your satay into your sticky sauce and you'll be saying "umami" (the Japanese word for "savory")! "Selamat makan" (Seh-lah-mah mah-kan) or "Bon appetit" in Indonesian!

Sweet Chili Carrot Cucumber Salad

chop + measure + stir

Chop **2 green onions** and grate **2 cucumbers** and **1 carrot** into a mixing bowl. Sprinkle them with **1 teaspoon of salt** and reserve for later. In a smaller bowl, measure and mix **1 teaspoon vegetable oil, 1 tablespoon honey, 1/2 teaspoon garlic powder, 1 teaspoon crushed red pepper flakes**, and **1 tablespoon rice vinegar** and whisk them together.

marinate + serve

Squeeze the cucumber mixture a couple of times, then drain all the water from the bowl. The salt draws the water out of the cucumbers and carrots to keep the salad from being too wet. Pour the mixture of oil, vinegar, and spices over the cucumber and carrot salad. Mix and allow the cucumbers to sit for at least 10 minutes to soak up all that delicious dressing. This is called marination, or when foods sit in flavorful, acidic liquids to soften them and add flavor. This salad pairs well with Asian food, like our **Tasty Tofu Indonesian "Satay" Sticks**.

Featured Ingredient: Tofu!

Hi! I'm Tofu!

"I'm also called "bean curd" because Tofu (TOH-foo) is made from soybeans. I'm a great substitute for meat and eggs in many recipes, while my spongy texture absorbs the flavors of a dish's marinade, sauce, or seasoning!"

History & Etymology

Sources disagree on when the making of tofu began. Some say it was discovered about 2,000 years ago in China during the Han dynasty, and some say it was closer to 1,000 years ago. Legend says that Prince Liu An found the process for making tofu during the Han dynasty. Whether he did or the invention was just attributed to him, the Han dynasty tofu may not have resembled what we have now.

Another theory for tofu's discovery is ascribed to the addition of impure sea salt to a boiled soybean mixture that caused the concoction to curdle. Some also believe the credit goes to borrowed milk-curdling techniques from the Mongolians or East Indians.

Zen Buddhist monks introduced "Chinese tofu" to Japan in the late 8th century, where it was used as a replacement for meat and fish. Chinese immigrants brought tofu to Southeast Asia sometime between the 10th and 11th centuries.

In the United States, tofu was first mentioned by Benjamin Franklin in letters written to two different people. He had tried it in London and referred to it as Chinese "cheese" made from soybeans.

The first tofu factory in the United States was established in 1878. The oldest currently running tofu company is Ota Tofu in Portland, Oregon, founded in 1911.

The word "tofu" comes from the Japanese "tōfu," from the Chinese "dòufu," from "dòu" ("beans") and fǔ ("rot").

How to Select & Eat

The types of tofu you can buy are silken or soft, medium (regular or medium-firm), firm, and extra firm. Silken or soft tofu has not been pressed and has a higher moisture content than firmer tofu. It is similar to yogurt or pudding or a soft, early cheese. You can use it to make smoothies or as a replacement for eggs. Medium tofu is a popular type, referred to as just "tofu" on some labels. It has a porous texture that is good for mopping up sauces.

Firm tofu has been drained and pressed but still has a high moisture content. Its outside texture is similar to raw meat, and when you press it, it will bounce back. The inside is similar to a firm custard. Firm tofu is versatile to cook and can be pan-fried, deep-fried, or stir-fried.

Extra-firm tofu has had a larger amount of liquid pressed out, and its texture is closer to fully-cooked meat. Therefore, it is a suitable replacement for meat and can be pan-fried, deep-fried, or stir-fried. You can also serve it cold or add it to soup. Extra-firm tofu does not absorb liquid as well as firm tofu, so if you use a marinade, choose medium or firm tofu.

Tofu benefits from being frozen before cooking. Freezing tofu removes more of the liquid and gives it a stronger, firmer, and more meat-like texture. When you cook with frozen tofu, it will not fall apart as easily. Freezing also helps tofu to last longer, and it works with most forms but may be more difficult with the silken type.

To freeze tofu, drain the liquid from the package, then remove the block and gently squeeze out any remaining liquid with a paper or kitchen towel (you do not need to press it). Cut it into the size needed for your recipe. If you will be using a portion of a tofu block, separate what you are using, then put the pieces, not touching, on a tray covered with plastic wrap. After the tofu freezes, in about five hours or overnight, you can transfer it to a freezer-safe airtight container or bag. Frozen tofu may not need to be thawed before cooking, depending on your recipe. If you want to thaw it first, let it sit in the refrigerator for a few hours or overnight, or if needed more quickly, run warm water over it.

Nutrition

Tofu is high in protein, which makes it a great meat substitute. Firm tofu has more protein than silken or soft tofu. It also has a higher fat content.

Tofu is considered a complete protein, containing all nine essential amino acids.

Tofu has a good amount of calcium, iron, potassium, and manganese. It can help strengthen bones, lower cholesterol, and prevent coronary heart disease.

People allergic to soy should not consume tofu, which is made from soybeans.