

Grilled Eggplant and Tofu Steaks with Sticky Hoisin Glaze

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Servings: 4

Start to Finish Time: 45 minutes

1 package (14 ounce) extra-firm tofu, drained
1/3 cup ketchup
3 tablespoons hoisin sauce
1 1/2 tablespoons lower-sodium soy sauce
1 1/2 tablespoons rice vinegar
1 1/2 tablespoons garlic, minced
1 tablespoon ginger, peeled and minced
1 serrano chile, finely chopped
2 tablespoons peanut oil
2 one-pound eggplants, cut lengthwise into 1/2-inch slices
1/8 teaspoon Kosher salt
cooking spray
1/4 cup green onions, sliced
2 teaspoons sesame seeds, toasted

Place the tofu on paper towels. Cover with paper towels. Top with a heavy skillet. Let stand 20 minutes. Cut the tofu crosswise into eight 1/2-inch-thick slices.

Combine the ketchup, hoisin sauce, soy sauce, vinegar, garlic, ginger and chile in a saucepan. Bring to a boil. Reduce the heat to medium-low. Cook, stirring occasionally, for 12 minutes until reduced to one cup. Set aside 1/2 cup.

Preheat the grill to medium-high heat.

Brush oil over the tofu and eggplant. Sprinkle with salt.

Place the eggplant on a grill rack coated with cooking spray and grill 2 minutes. Turn the eggplant over and brush with two tablespoons of sauce. Grill for 2 minutes. Turn the eggplant over and brush with two tablespoons of sauce. Cook for two minutes on each side.

Add the tofu to the grill. Grill for 3 minutes. Turn the tofu over and brush with two tablespoons of the sauce. Grill for 3 minutes. Turn the tofu over and brush with two tablespoons of the sauce. Grill for 1 minute on each side.

Sprinkle with the onions and the seeds.

Serve with the eggplant and 1/2 cup of the reserved sauce.

Per Serving (excluding unknown items): 296 Calories; 16g Fat (43.5% calories from fat); 16g Protein; 30g Carbohydrate; 7g Dietary Fiber; trace Cholesterol; 505mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 3 Vegetable; 2 Fat; 1 Other Carbohydrates.