

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Contreras:

Walnut Crusted Tofu French Toast with Gingered Syrup over Quinoa
Porridge with Fresh Fruit

Ingredients:

½ lb Tofu (firm)
¼ cup Walnuts
1 tsp Milk
1 tsp flour
¼ cup Maple Syrup
1 cup Quinoa
¼ cup Raspberries
1 Bananas
1 tsp Cinnamon
1 tsp Nutmeg
Egg
Cardamon
Ginger

Instructions:

1. Dip tofu in egg mix with cinnamon, nutmeg, cardamon
2. Cook quinoa in water and season with ginger
3. Cut fruit and garnish