

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Tazmanian Tofus:

Roasted Asparagus with Tofu Vinaigrette and Grilled Salmon
on a bed of Tofu Matchsticks and Garlic Spinach

Ingredients:

- 2 bunches of Asparagus
- 1 Scallion
- 3 Cherry tomatoes
- Red Wine Vinegar
- Olive Oil
- 2 Lemons
- 1 Tbsn Ginger
- 3 Servings of Salmon
- Bag of Spinach
- 3 cloves of Garlic
- 1lb of Tofu
- 2 eggs
- 2.5 cups of Skim Milk
- ½ stick of Butter
- 4 Bananas
- 2/3 cup Brown Sugar
- 3 cups of Oats
- ½ cup of Walnuts
- Raspberries
- Cinnamon, Nutmeg, Salt, Pepper, Paprika

Instructions:

Salad

1. Grill Asparagus
2. Blend olive oil, tofu (1/4 lb), red wine vinegar, lemon zest, lemon juice, ginger
3. Garnish with cherry tomatoes and scallion

Entrée

1. Grilled salmon (broil) with a little olive oil, black pepper, salt and paprika
2. Cut ¼ lb of Tofu into matchsticks, a little olive oil in pan, salt tofu liberally and cook on all sides until brown.
3. Steamed spinach with sautéed minced clove of garlic with a little lemon juice (1/2 lemon)
4. lay salmon on bed of parallel matchstick tofu interspersed with spinach. Sprinkle a little paprika over entire plate

Dessert

1. Take crust off of bread and tear up bread.
2. Pour in milk and oats and stir until mixed. Let stand for 5 minutes
3. Mix in ½ stick butter, sliced bananas, walnuts, brown sugar, and 1 egg and Bake at 350 for 45 minutes
4. Top with layer of oatmeal made with mild, sugar, cinnamon, nutmeg and garnish with raspberries