

Tofu Chutney/Cheese ,Onion, Tomato(TCOT)

Ingredients

1. Tofu (firm) 12 slabs
2. Olive oil 10 table spoons
3. Cilantro 1 bunch
4. Curry leaves 4 to 5 sticks
5. Tomatoes 5
6. Onion 1 (large)
7. Mozzarella cheese 12 slices
8. Jalapeno peppers 10
9. Ginger 2 inch
10. Garlic 8 cloves
11. Mint 1 bunch
12. Italian seasoning 1 table spoon
13. Basil powder ½ table spoon
14. Salt to taste
15. Green mango 1/2
16. Green or red or yellow or orange pepper 5 or 6 count

Procedure.

Green Chutney.

Take garlic, onion, ginger, cilantro, jalapeno pepper, mint, curry leaves and saute with a table spoon of olive oil for 5 minutes. Pour the sauteed mixture in a blender. Now add green mango to the blender. Add little water and blend it to a paste. This chutney can be replaced with green chutney available in the market.

Tofu slices and TCOT preparation

In a large bowl of water add the tofu blocks and let it boil for 15 minutes. Shut of the heat. From the hot water using tongs take the tofu blocks and wrap them in a napkin to drain the water out. Allow it to cool for an ½ hour till the tofu blocks can be sliced with a knife. From each block of tofu cut 4 to 5 slices and saute them in a pan with olive oil. Sprinkle some salt and Italian seasoning while tofu slices are on the pan. Take out tofu from the pan when tofu is slightly brown on both sides. Arrange all the sauteed tofu slices on a baking plate or sheet. On each tofu slice spread one tea spoon of green chutney, then place a slice of tomato, sprinkle salt and spread another tea spoon of chutney, then place a layer of green, or red or yellow or orange bell peppers. The order of tomato, pepper is not important. Sprinkle a little bit of basil powder and lastly a slice of cheese.

Preheat a oven to 350 degrees and then keep the baking plate/ sheet of tofu with all the toppings for 15 minutes. Now the TCOT is ready to eat.

It provides with about 48 TCOTs.

Enjoy the delicacy with a glass of cold butter milk and Swamiji's blessing.