

Basmati Rice and Grilled Tofu with Tomato and Rocket Emultions

Preparation time: 25 min

Difficulty: Easy



Ingredients

- Basil: as required
- Basmati Rice: 14 oz
- Extra Virgin Olive (EVO) Oil: 0,7 oz
- Majoram: as required
- Pepper: to taste
- Rocket: 4 small bunches
- Salt: to taste
- Tofu: 4 thick slices (17 oz)
- Tumeric: as required

Preparation

Put the rice in a pot and use the “First Knuckled Rule” to cover it with water: place your index finger so that it is touching the surface of the rice and add water to reach your first knuckle. Cook over moderate heat, stirring time to time. The rice is ready when it has absorbed all the water, so season it with salt, pepper, tumeric and some majoram leaves, then leave it cool.

Horizontally slice the tofu (two halves per slice) and sauté in a pan with a little EVO oil and basil leaves, then let rest and prepare the emultions.

Put some minced rocket in an electric mixer cup and blend it with a generous amount of EVO oil so that it becomes very smooth. Repeat the step separately with

Pomì tomato sauce and Extra Virgin Olive (EVO) Oil in equal proportions.

Arrange the dish this way: place the tofu in the middle of a flat plate and make a round layer of rice shaping it with a round mold, then cover with another tofu slice. Finally decorate with many drops of both the emultions.

For this recipe we used:

Tomato Sauce 0,70 oz

