



**FARMS** at the Y  
Focus on Agriculture in Rural Maine Schools

# FARMS FAMILY NIGHT

## Sesame Crusted Tofu



### Ingredients:

- ¼ cup raw sesame seeds
- 1 (14-16 ounce) block firm or extra firm tofu, drained (see below first)
- 1 Tbsp canola or vegetable oil
- 1 Tbsp low sodium soy sauce



**Prep Time:**  
25 Minutes



**Total Time:**  
30 Minutes



**Serves:**  
4

### Directions:

- Put the sesame seeds on the plate.
- Add drained tofu chunks and move them around until the sides are covered with sesame seeds.
- Put the skillet on medium-high heat.
- When it is hot, carefully add the oil.
- Carefully add the tofu and cook until it is golden brown, about 4 minutes.
- Drizzle soy sauce over the tofu and cook 1 more minute.
- Serve right away.

### How to Drain Tofu:

- Tofu is watery. You have to dry it out before cooking it.
- Pour all the liquid off the tofu.
- Put the tofu on a cutting board and cut into 4 equal pieces and cut again into equal pieces.
- Put a clean dish towel or 2 layers of paper towels on the cutting board.
- Put the tofu on top.
- Let it drain for at least 20 minutes.
- Put the paper towels in the trash or the dish towel in the wash.

\*Chop, Chop; The Kids' Guide to Cooking Real Food with your Family by Sally Sampson

# Bok Choy & Kale Fried Rice

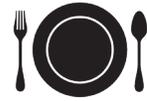
With Fried Garlic



**Prep Time:**  
20 Minutes



**Total Time:**  
20 Minutes



**Serves:**  
6



## Fried Garlic Directions:

- Transfer garlic to the bowl of a food processor or mini food processor. Pulse until garlic is very finely chopped but not a paste, about 12 short pulses, scraping down sides as necessary. Set aside 2 teaspoons and toss remaining garlic with a pinch of salt in a small bowl.
- Set a fine mesh strainer over a heat-proof bowl. Heat oil in a small saucepan over medium heat until shimmering. Add garlic and cook, stirring. Garlic should maintain a gentle bubble. If bubbling vigorously, reduce heat. Cook until garlic is light golden brown, 6 to 8 minutes, then immediately strain. Transfer garlic to a paper towel-lined plate to cool. Reserve fried garlic and oil separately.

## Fried Garlic Ingredients:

- 1 whole head of garlic, peeled
- Kosher salt
- ¼ cup oil

## Fried Rice Ingredients:

- 3 cups day-old cooked jasmine or short grain rice (see note above)
- 2 cups chopped kale (about 4 ounces)
- 2 cups chopped bok choy (about 4 ounces)
- 1 Thai bird's eye chili, finely minced
- ¼ teaspoon ground white pepper
- teaspoon soy sauce

## Fried Rice Directions:

- Heat 1 tablespoon garlic oil in a wok over high heat until smoking. Add the kale and bok choy, season with salt, and stir-fry until the vegetables are bright green and barely wilted, about 1 minute. Transfer to a bowl and set aside.
- Heat 1 more tablespoon garlic oil in the wok over high heat until smoking. Add reserved raw minced garlic and bird's eye chili and cook, stirring, until fragrant, about 15 seconds. Add rice and stir immediately, breaking up any large chunks and adding remaining garlic oil as necessary to prevent sticking. Season rice with salt and white pepper, then add soy sauce. Return kale and bok choy to rice and toss to combine. Transfer to a warm serving bowl and sprinkle generously with fried garlic. Serve immediately.

# Maine Vegetable New Year Rolls



**Prep Time:**  
20 Minutes



**Total Time:**  
45 Minutes



**Serves:**  
4

## Egg rolls Ingredients:

- 1 Tbsp olive oil
- 1 Tbsp fresh garlic, chopped
- 2 cups red cabbage, sliced
- 1 cup carrots, chopped
- 1 cup celeriac, peeled and chopped
- 1 onion, chopped
- 2 Tbsp fresh cilantro, chopped
- 1 package egg roll wrappers (20 wrappers)

## Sauce Ingredients:

- 1 tsp olive oil
- 1 Tbsp fresh garlic, finely chopped
- 1 Tbsp fresh ginger, finely chopped
- 1 tsp cornstarch
- 1/3 cup orange juice
- 1 Tbsp low sodium soy sauce
- 1 Tbsp honey
- 1 tsp sesame oil



## Directions:

- Heat a large saute pan over medium heat and add olive oil, garlic, cabbage, carrots, and celeriac.
- Saute for approximately 10 minutes, vegetables should still be firm.
- Remove from heat and let cook until you are able to handle the mixture.
- Add the onion and cilantro to the pan and mix well.
- Lay out the egg roll dough.
- Add a generous 1/4 cup of mixture to each piece of egg roll dough and roll following the instructions on the package. Cover and set aside until all are complete.
- To cook the egg rolls, add enough olive oil to lightly cover the bottom of the pan.
- Heat over medium-high heat and when oil is thoroughly heated, add egg rolls.
- Turn the egg rolls frequently and cook for 10 minutes.
- (Another option; Preheat oven to 425, spread olive oil on pan, roll egg rolls in the olive oil and
- bake for 15 minutes. Delicious and finished all at once.)
- To make the sauce, add the olive oil, garlic and ginger to a small saute pan.
- Cook over medium heat for 1 minute.
- Whisk the cornstarch into the orange juice and add to the saute pan.
- Add the soy sauce, honey and sesame oil.
- Continue to cook for 2 minutes or until sauce is thickened.
- Sauce can be prepared ahead and refrigerated.
- Serve the egg rolls on a platter with the sauce in a small bowl.