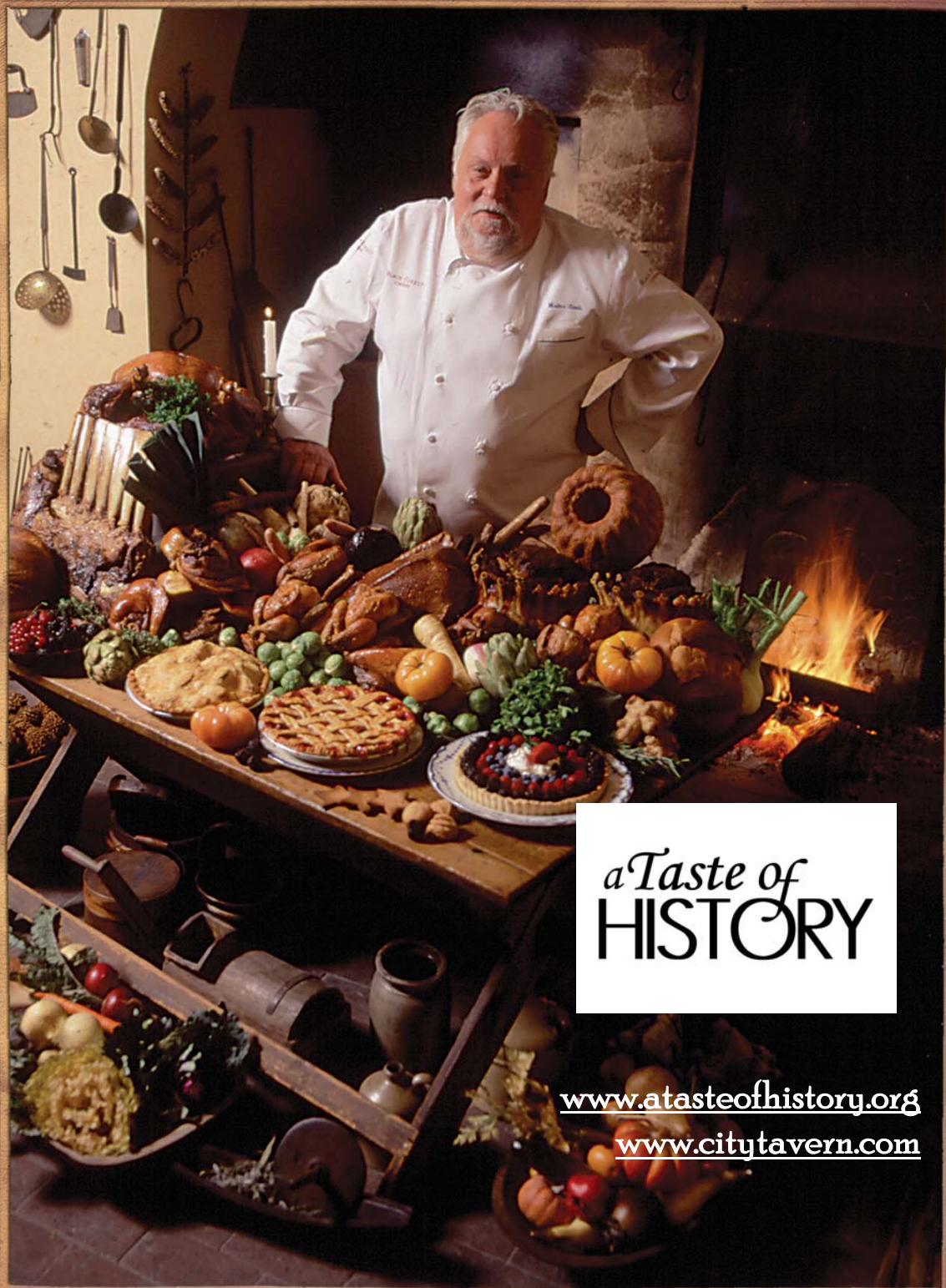




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HISTORY

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Curried Tofu & Shrimp

in the style of **Benjamin Franklin**

Letter from Benjamin Franklin to John Bartram, a preeminent horticulturist in Philadelphia whose home on the banks of the Schuylkill River, Bartram's Gardens, is America's oldest living botanical garden

London, January 11, 1770

"My ever dear Friend: I send Chinese Garavances. Cheese [is] made of them, in China, which so excited my curiosity. Some runnings of salt (I suppose runnet) is put into water, when the meal is in it, to turn to curds. These ... are what the Tau-fu is made of."

Serves 4 to 6

3 Tablespoons sesame oil

2 teaspoons fresh Thai peppers, chopped

4 cloves garlic, chopped

1 onion, sliced into half moon shape

1 Tablespoon chopped fresh ginger

1 teaspoon chopped fresh lemongrass

2 Tablespoons Curry powder

1 pound deveined shrimp

1 cup dry white wine

1 cup heavy cream

6 baby bok choy, cut in quarters

Salt & pepper to taste

20 ounces firm tofu, cut in large cubes

Heat the sesame oil over high heat. Add the Thai pepper, garlic & onion. Cook until onions are translucent, about 3 - 5 minutes. Add the ginger, lemongrass, curry powder & shrimp. Cook for another 2 to 3 minutes. Deglaze with white wine & cream, add bok choy & salt & pepper. Let simmer until bok choy is bright in color and tender. Let sauce reduce for about 5 minutes, or until sauce is thickened. Add tofu & continue to cook until warmed through. Season again with salt & pepper, if desired. Serve over steamed rice.