Pomì
O Così. O Pomì.

Basmati Rice and Grilled Tofu with Tomato and Rocket Emultions



Preparation time: 25 min
Difficulty: Easy

Ingredients

- Basil: as required
- Basmati Rice: 400 g
- Extra Virgin Olive (EVO) Oil: 20 g
- Majoram: as required
- Pepper: to taste
- Rocket: 4 small bunches
- Salt: to taste
- Tofu: 4 thick slices (480 g)
- 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 an add water to reache your first knuckle. Cook over moderate heat, stirring time to time. The rice is ready when the 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 sautè 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 Organic Tomato puree** and Extra Virgin Olive (EVO) Oil in equal proServes.

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:

Strained Tomatoes 20 g

