



TRU - LEMBAS - SHEFFIELD

My name is Tru and I've worked at Lembas for 23 years now. I went in one day to help out when they were short of a driver and never left! In my time here I've been a driver and I've worked in the warehouse but for the last 10 years or so I've worked in the bagging department. I also do some of the bulk buying and I'm one of the three Personnel Officers and also the Mental Health First Aider. And I manage to fit all of that in to 3 days a week :D

Founded in 1983 Lembas is an independent workers co-op that has been providing wholesale vegetarian & vegan foods to the North of England for nearly 40 years and now see the vegan market going mainstream, with many

of the products we stock at the forefront of the new vegan movement.

We are committed to the principles of ethical trading growing and recycling. We are against the genetic manipulation of foodstuffs, and actively encourage the sale of organic goods. We aspire to a world where resources are managed sustainably. We choose suppliers who provide non-GMO products and who supply a fully traceable certification for all organic goods.

Lembas has been trading with Essential since the beginning. They are our main and best supplier and we love them dearly.



Chilli Tofu

- 800g firm tofu drained and cut into 3cm cubes
- Cornflour
- Rapeseed oil, for frying
- 2 tsp cumin seeds, bashed
- 1 brown onion, peeled and diced
- 6 garlic cloves, peeled and crushed
- 3cm piece ginger, peeled and grated
- 4 green finger chillies finely chopped
- ¼ tsp ground black pepper
- 2 tbsp tomato puree
- 2 tbsp light soy sauce
- 2 tsp caster sugar
- ¾ tsp salt
- 2 peppers (red & green, ideally), cored and cut into 1cm slices

Spread the tofu on a large plate and dust with the cornflour, turning the cubes to coat. Take a deep frying pan for which you have a lid and add enough oil to come 0.5cm up the sides, and heat over a medium flame. Line a dish with kitchen towel, to drain the cooked tofu on.

Shake any excess cornflour off the tofu,

then put half the tofu in the hot oil. Fry for three minutes, turning regularly with tongs, until golden, then transfer to the paper-lined dish and repeat with the remaining tofu.

Drain all but two tablespoons of oil from the pan, then fry the cumin and onion for 10-12 minutes, until soft and sweet. Add the garlic, ginger and the chopped and whole chillies, fry for five minutes, then add the ground pepper, tomato puree, soy sauce, sugar and salt. Stir to mix, cook for five minutes, then add the pepper strips and 100ml water. Cover and leave to cook for eight minutes, stirring every now and then, and adding more water if need be: there should be just enough "sauce" to coat the tofu.

When the peppers are soft, return the tofu back to the pan, turn up the heat and stir to coat the tofu in sauce. Stir-fry for five minutes, to warm the tofu through, then take off the heat.

Cooking tip – if you want the dish to be hotter, leave out the sugar!