

# TOFU 101

Tofu takes on your favorite marinade - cooked crispy on the outside and soft and pillowy on the inside



## TYPES OF TOFU

- SILKEN:** This is the softest tofu and compares to the consistency of a soft white cheese. Used as a base for soups, sauces, dips & desserts.
- FIRM:** This is the most commonly used tofu. It has the consistency of a feta cheese.
- EXTRA FIRM:** This is the firmest tofu and compares closest to the texture of meat. Used for baking, pan/air frying, & scrambling.



## HOW TO BUY

A brick is usually 10-16 oz's in size. Technically not "raw" most prefer to cook. Usually add seasonings or marinade before cooking OR purchase a pre-seasoned package.



## TOFU PREP

Open package, discard liquid and gently squeeze out remaining liquid. You can do this with a tofu press, or simply wrap in towel, pat dry and let sit.

## MARINATE & COOK

- Sprinkle with cornstarch then DIY Marinade (see Marinades) or purchase a premade sauce like Teriyaki or Sweet Chili.
- Marinate about 30 min.
- Cook (approximately): Air Fry - 375° 21-23 min OR Bake - 400° 30 min

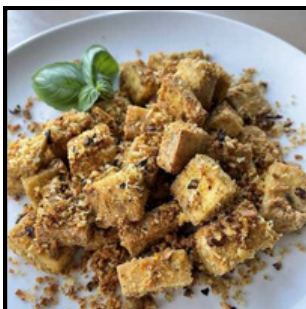
## -OR- COOK THEN SAUCE

Pan fry on medium high for 10 minutes (turning half way), add sauce & turn to medium low, and cook down another 10 minutes to thicken the sauce. This method is used for dishes like "General Tso's Tofu."



## BBQ RUB TOFU

- Using an **EXTRA FIRM TOFU**, press and cut into small cubes.
- Marinate for 20 min: **DRIZZLE OLIVE OIL, 3 T BROWN SUGAR, 2 T CORNSTARCH, 1 T PAPRIKA, 1 tsp EACH - CHILI, ONION, & GARLIC POWDERS & SALT & PEPPER.**
- Cook: Air Fry 375° for 21-23 minutes or Bake at 400° for about 30 minutes
- Separately, mix package of **CABBAGE COLESLAW SHREDS & BRIANNA'S POPPYSEED DRESSING.** Top with cut **CHERRY TOMATOES & DICED CUCUMBER.**



## CRISPY BREADED TOFU NUGGETS

- Using an **EXTRA FIRM TOFU**, press and cut into small cubes.
- In small bowl, combine: **1 T OLIVE OIL, ¼ C PANKO BREADCRUMBS, 2 T NUTRITIONAL YEAST, 2 tsp EACH GARLIC & ONION POWDERS, ½ tsp RED PEPPER FLAKES, and 1 tsp EACH SALT & PEPPER.**
- Gently coat all sides of tofu with the breading mixture.
- Air fry at 375° for 21-23 minutes or Bake at 400° for about 30 minutes.

*\*Always check food labels to ensure they're plant-based/vegan. Many products may be suitable, even without certification, while others you might think are vegan, aren't.*

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