

# TOFU 101

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



## Types of Tofu

**Silken:** (Softest) Compare to Soft White Cheese. Used as a base for soups, sauces, dips & desserts.

**Firm:** (Most Common) Consistency of Feta.

**Extra Firm:** (Firmest) Compare to Texture of Meat. Used for baking, pan/air frying, & scrambling.

## Purchase

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.

## 1 PREP TOFU

Open package, discard liquid and gently squeeze out remaining liquid. Then simply wrap in towel, pat dry & let sit a few minutes OR if more wet then put heavy pot on top of wrapped brick to draw out more liquid.

## 2 CUT TOFU

Cut into your preferred size cubes. We like small cubes so we do 3 main slices and then 6 x 6 or 6 x 4. Also popular is to do 2 main slices and then 4 x 4.

Any way works!

## 3 MARINATE & COOK

Sprinkle with cornstarch then DIY (see Marinades PMG) or purchase a premade sauce & marinate about 30 min. Try: Teriyaki / Sweet Chili. Cook (approx): Air Fry - 375° 25 min OR Bake - 400° 30 min

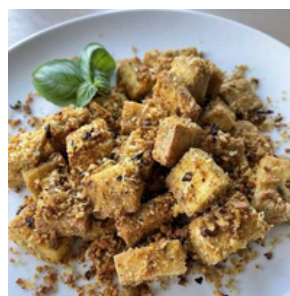
## OR COOK THEN SAUCE

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 (see General Tso's Tofu recipe below for this method).



## BBQ Rub Tofu

(Prep 1 & 2) Drizzle Olive Oil, 3 T Brown Sugar, 2 T Cornstarch, 1 T Paprika, 1 tsp EACH Chili, Onion & Garlic Powders, 1 tsp Salt & Pepper. Cook (above). Mix w/ Cabbage-Slaw, v-Mayo. Top with Cucumber & Tomato.



## Crispy Breaded

1 T Olive Oil, ¼ C Panko, 2 T Nutritional Yeast, 2 tsp each Garlic & Onion Powder, ½ to 1 tsp Red Pepper, 1 tsp Salt & Pepper, Cook (air fry or bake above).



## Easy General Tso's Tofu

Prepare tofu according to Step 1 & 2 (above). Place cut tofu in medium bowl. Add **3 T Soy Sauce, 1 T Rice Vinegar, 1 T Cornstarch, 1 T Neutral Oil (like Canola), & 1 tsp Garlic Powder.** Toss to coat. Heat skillet, add tofu & cook until golden brown, then set aside. Combine **5 T each: Soy Sauce, Rice Vinegar, & Brown Sugar, 2 tsp Ground Ginger, & a sprinkle Red Pepper Flakes,** add to hot skillet & heat to slow boil. Mix **2 T Cornstarch & 2 T Water,** and add. Cook until sauce thickens, then add tofu and cook a couple minutes more. Serve over rice.

*\*Always read the packaged food ingredient list to make sure it contains only Plant Based items. Many items do not carry the Vegan seal but may be Plant Based while some foods you might think are Plant Based are not.*

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