

Crispy Baked Tofu

One of the best ways to enjoy tofu - in our humble opinion. This is a simple and delicious dish, and you can flavour the tofu in whatever way you want. I'll share the recipe I use, so you can try that and then adapt should you wish.

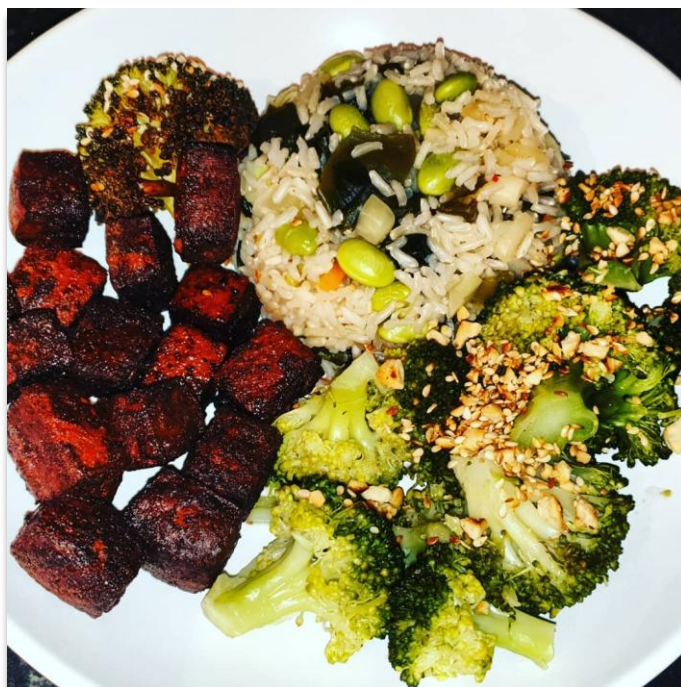
(OA) = or alternative.

Ingredients.

400g block of firm tofu (pressed).
1 Tbs liquid amino (OA)
1 Tbs dark soy sauce (OA)
1 Tbs EVOO
1 tsp maple syrup
½ tsp garlic powder/granules
½ tsp hot chili powder (optional)
Sesame seeds. (optional)
Lined baking sheet.

Utterly perfect served with rice and steamed broccoli, topped with toasted sesame seeds and chopped peanut.

Serves 2.



Method. Preheat the oven to 200°C, 390°F, Gas 6.

Cut your pressed tofu into bite-sized pieces, approx. 2". Put all the ingredients listed above into a bowl and mix together well with a whisk or fork and carefully place your cut tofu into the mix. Cover each piece with a spoonful of the mix and leave to sit for at least ten minutes, moving around a couple of times, very gently. We're talking kitten gloves here Barbara! Wait until the tofu soaks up most of the mix.

Sprinkle cornflour/corn starch over the well marinated tofu pieces, moving around in the bowl gently to ensure each piece is coated well, if you've opted for the sesame seeds too, now's the time, get 'em in there.

Place the pieces, slightly apart, on your lined baking tray and put in the oven for 15 to 25 minutes. Turning at least once. Once crispy on both main sides, remove, consume.

Serve however the heck you choose to, as I often say, you do you boo. ☺ It is great as suggested above though, for the record.

There is a recipe vlog for this dish. [RECIPE VLOG](#)

[Our YouTube Channel](#)