

Cooking With Tofu

General tips: Extra firm tofu works best for recipes where either stir frying or cutting into cutlets. It is important to drain tofu well or the extra water content changes its texture but also increases cooking time. To drain tofu put tofu on a plate with another plate on top of it, followed by something heavy (a tea kettle with water in it works well). Dump out the water that comes out frequently. When almost “dry” then wrap tofu in clean towel or paper towel and repeat.

Tofu Cutlets:

Drain tofu well as above and cut each “cake” into 8 slices.

Dip tofu in beaten egg

Dip in bread crumbs seasoned with garlic powder, oregano, salt, pepper, basil or seasonings of your choice. Be generous with seasonings as tofu otherwise will be bland.

Put on well oiled cookie sheet and bake for about 20 minutes at 350 degrees. Serve with tomato sauce and can also serve with pasta.

Tofu Pineapple Hoison Stirfry:

Drain tofu well as above, cut into cubes.

Cut vegetables of choice (broccoli, snow peas, carrots, waterchestnuts, peppers etc) into bite size pieces. Drain pineapple chunks (in natural juice) but reserve juice.

Saute or stir fry tofu in wok or electric skillet with about 1” of oil till golden brown and drain well on paper towels. Sprinkle w garlic salt while warm, cover/ set aside.

Dispose of leftover oil in skillet and put veggies in w 2 T approximately water and cook till turn bright (still on firm side).

Add tofu back to skillet and veggies and sauce and stir fry till sauce thickens (about 3 minutes) and serve over steamed white rice.

Sauce: (approx).

¼ c hoison sauce, ¼ c. soy sauce, 1 T cornstarch (dissolve well in the soy sauce or pineapple juice), 2 cloves garlic, crushed, about a ¼ cup pineapple juice (see how

thick sauce is as cooking and can add more), crushed red pepper or pepper sauce if like spice.