

Marinated Tofu



Directions

1. Cut the tofu into cubes
2. In a small bowl, combine the soy sauce, rice vinegar, maple syrup, sesame oil, garlic, and ginger.
3. Place the tofu in a shallow dish. Pour the marinade on top. Let it marinate for at least 1 hour, or overnight, covered, in the refrigerator.
4. In a large cast iron skillet, heat oil over medium-high heat. Remove the tofu from the marinade and add to the pan, reserving the marinade sauce. Stirring as little as possible, fry the tofu until brown on each side. For a golden crust, only stir every 4 minutes.
5. Once the pieces are browned, pour any leftover marinade sauce into the pan, and stir to coat. The sauce will be absorbed quickly. Remove from heat and serve.
6. Store leftovers in a covered container in the refrigerator for 3-4 days. It's great served hot with grains or rice noodles, and it's also cold as a high-protein snack, in sandwiches, and salads.

Ingredients

- 1 lb Vermont Soy firm tofu
- 4 tablespoons tamari
- 3 tablespoons rice vinegar
- 1 tablespoon maple syrup
- 1 teaspoon sesame oil
- 2 cloves garlic, pressed
- 1 tablespoon ginger, grated
- 3 tablespoons sunflower oil

When it's time to feature local tofu in a demo, I often reach for this recipe, which I adapted from Nora Taylor's website, noracooks.com. Vermont Soy tofu really shines in this satisfyingly crisp, flavorful entrée, and Elias, our Director of Food Service, liked it so much that he asked for the link to the recipe. Best of all? Vermont Soy tofu is already so well-pressed that you can skip the pressing step and jump straight to the marinating step, which we've reflected in our printed version here.

-Lisa, Education & Demo Coordinator



Original Recipe: <https://www.noracooks.com/marinated-tofu/>