

SESAME GINGER GLAZED TOFU

While tofu has very little flavor of its own, there's no reason to eat tofu that isn't delicious when it hits the table. This recipe shows how to make an incredibly yummy tofu by simple flavor stacking techniques at each step. Seasoning before cooking, developing flavor and texture with proper searing, infusing flavor through simmering and serving with a flavorful sauce bring you tofu you'll want to make again and again.

The savory sesame-ginger-soy combination shines bright in this dish and pairs perfectly with stir fried veggies and energizing carbs like brown rice or whole grain noodles.

Gluten Free & Vegan

Total prep time: 20 minutes

Servings: 2



Ingredients

Tofu:

14 oz. block extra firm tofu

Salt and pepper

3/4 tbs. vegetable/olive oil

Sauce:

3 tbs. cold water

1.5 tbs. soy sauce, reduced sodium

1 tbs. rice vinegar, unseasoned

1 tsp. garlic, minced

1 tsp. ginger, minced

1/2 tsp. sesame oil

1/2 tsp. sesame seeds

1/2 tsp. cornstarch

Directions

- Drain tofu very well and cut block into 4 slices, crossways or longways. Season lightly with salt and pepper.
- Heat a rondeau or sauté pan on medium heat. When hot, add the oil and swirl to coat the bottom of the pan. Add the tofu slices to the pan with some room between each. Let sear until very golden on the bottom, about 4 minutes. Gently flip and sear again on the other side.
- While the tofu is searing, combine in a small bowl all of the sauce ingredients.
- Once the tofu has been seared well on both sides, turn heat down slightly to medium-low. Push tofu towards one side of the pan. Whisk the sauce mixture very well and then add to the open side of the pan. Keep stirring the sauce as it bubbles and thickens to ensure it doesn't clump. Let simmer for 1 minute, then remove from the heat.
- Gently turn tofu slices over in the pan to glaze evenly with the sauce.
- Enjoy hot or chilled. Store extras covered in the fridge for up to 5 days.