

Marinated/Grilled Tofu



Here's a great way to "punch-up" your tofu. It is guaranteed to get your diner's attention. You must freeze and thaw the tofu before you start. Doing this changes the consistency and makes the tofu more absorbent.

You can make the entire recipe early in the day and let it rest until time to dine.

Preparation time: 45 minutes - Serves: 4

Organize Your Ingredients!

Notes on Organizing

Be sure you've thawed the tofu thoroughly before you start.
Organize and prep all ingredients. Having everything handy makes cooking easy.

Marinated/Grilled Tofu

One 16 oz. package of extra or ultra-firm tofu
(frozen, thawed, sliced and pressed)

Marinade:

1 tsp. sesame oil
plus
2 tsp. canola oil
1 large clove garlic (chopped)
¼ C. yellow onion (finely chopped)
¼ C. white wine
½ tsp. Asian garlic chili sauce
3 T. rice wine vinegar
½ tsp. ground, fresh ginger
¾ C. low-sodium vegetable broth
1 T. low-sodium soy sauce or tamari
1 T. dry basil leaves

Basic Instructions for Making Marinated/Grilled Tofu

1. Thaw tofu and cut into 1/2" slices. Lay a couple of layers of paper towel on a cookie sheet and arrange sliced tofu on paper towel. Cover with 2 more layers of paper towel and set another cookie sheet on top. Press tofu between sheets until paper towels are soaked. Remove and discard towels and repeat two more times.
2. Make marinade. Start with oils, garlic, onion and white wine. Microwave in a covered bowl for 1 minute. Transfer garlic, onion mixture to a 9X9 baking dish and add remaining ingredients. Stir well. Place pressed tofu in marinade and marinate 30 minutes per side.
3. Heat a flat or ribbed griddle and place tofu pieces on hot, oiled griddle. Brown each side. Then turn on edge and rotate until edges are browned.
4. Return to marinade until ready to use. Store the unused tofu in the fridge in leftover marinade

