

Breaded & Baked Tofu

30 minutes plus around 2 1/2 hours in marinating and baking

This is a somewhat low effort tofu dish. It requires a little bit of foresight, asking to marinate the tofu for a few hours, but other than that it doesn't ask for a lot. I like this on salads with a thicker dressing, maybe ginger miso, for example. Generally, it's a nice flavor for the tofu and gives a nice crunch to things that otherwise might be lacking.

Ingredients

Marinade

Extra Firm Tofu

1/3 cup Soy sauce

1/4 cup Mirin or Rice wine
vinegar

1 cup water

2 tsp Garlic Powder

2 tsp ground ginger

2 tbsp Miso

1-2 tbsp Sesame Oil

Breading

Red Pepper Flakes or Cayenne
pepper

Nutritional Yeast

Flour

garlic powder

cayenne

salt

sesame oil

Directions

1. Drain Tofu and dice into half to quarter inch pieces. Combine Soy sauce, Mirin, Miso, Sesame oil, spices, and some water together, it should cover at least half of the tofu. If it doesn't, add more water or scale up the liquids. Add in the spices and marinate the tofu for 1-2 hours, perturbing frequently.
2. Preheat the oven to 350. Mix all the breading ingredients except sesame oil. Take the tofu out of the marinade and use a spoon to coat with the flour mixture. You might want to reserve the marinade, it could be a good sauce.
3. Place on rimmed baking sheet with parchment paper and drizzle oil over top. Bake for around 45 minutes—until the tofu bits are golden, shake periodically. Allow to cool.