

BBQ Tofu Wings and Ranch



 60 Mins - 90 Mins



For the tofu:

1 block (250-300g) firm tofu

2 tbsp gram flour + 3 tbsp water

2 tsp dried oregano

1 tsp dried onion granules

1 tsp smoked paprika

½ tsp cayenne pepper

For the BBQ sauce:

1 tin tomatoes (400g), puréed

2 tbsp tomato purée

2 tbsp balsamic vinegar

2 tbsp maple syrup

1 tbsp good soy sauce

Juice of ½ an orange

3 garlic cloves, minced

1 tbsp smoked paprika

1 tbsp dried oregano

1 tsp dried chilli flakes (or cayenne pepper)

Black pepper

For the ranch:

2 tbsp tahini

4 tbsp water

Handful of fresh dill leaves (about 10g)

1 garlic clove, minced

1 tsp lemon juice

½ tsp dijon mustard

½ tsp vinegar (apple cider, red wine)

1 tsp dried marjoram or oregano

Pinch cayenne pepper



Preparation

THE DAY BEFORE: cut the block of tofu into 5 slices, each about 1 cm thick, then cut each slice in half again so you have 10 pieces. Place between sheets of kitchen paper on a plate and freeze. Remove from the freezer a couple of hours before you want to start cooking, in order to defrost.

Cooking Instructions

- Heat the oven to 200°C / 400°F / Gas Mark 6.
- Once the tofu has defrosted, press between sheets of kitchen paper until most of the water has gone (you can do this using a heavy book). You don't the tofu to be so dry that it crumbles, but just to remove most of the water.
- Combine the ingredients for the tofu coating 'batter' in a bowl.
- Dip each tofu wing into the batter to fully coat and place on a non-stick baking tray, greased with a little oil if needed.
- Place on the top shelf of the oven and cook for 30 minutes, turning once half way through.
- Next, put the BBQ sauce on to simmer. Combine all the ingredients and cook on a medium heat on the hob, covering with a lid once it starts to bubble and spit. You want a thick sauce, so simmer for 20-30 minutes.
- While the wings and BBQ sauce is cooking, make the ranch. Put all the ingredients into a food processor and blitz until smooth.
- Once the wings have been cooking for 30 minutes, remove from the oven. Carefully place each one in the BBQ sauce, coat using a spoon, then place back onto the baking tray.
- Cook for a further 10 minutes, arrange on a plate with the ranch and serve!

NOTES: Freezing the tofu isn't essential, but it lads to a chewier texture. If you're not freezing it, drain and press for a little longer, ensuring as much water is squeezed out as possible.