

## Easy Baked Tofu

Prep time	Cook time	Total time
10 mins	35 mins	45 mins

Recipe type: accompaniment

Serves: 4

### Ingredients

- 1 cake firm tofu (about 16 ounces)

#### BASIC MARINADE

- 1 tablespoon vegetable oil
- 1 tablespoon dark sesame oil
- 3 tablespoons soy sauce
- 2 teaspoons grated peeled ginger root (optional)
- 1 garlic clove, pressed (optional)

### Instructions

#### IN THE OVEN: 30-40 minutes

1. Preheat the oven to 400°.
2. Cut the tofu into slices, cubes, triangles, or sticks.
3. Lightly oil a baking dish large enough to hold the tofu in a single layer.
4. Whisk together the marinade ingredients (or variation ingredients, if using) and drizzle over the tofu.
5. Gently turn or toss to coat thoroughly. Bake uncovered, stirring once or twice, until the oil is sizzling and the tofu is firm and chewy, 30 to 40 minutes.
6. Serve hot, at room temperature, or chilled.

#### ON THE STOVETOP: 15 MINUTES

1. Cut the tofu into small cubes.
2. Heat the vegetable oil and the sesame oil in a large skillet.
3. Add the tofu and sauté, stirring often, for 4 or 5 minutes, until lightly golden.
4. Add the soy sauce (and other marinade ingredients if you are using a variation), lower the heat, and simmer for 3 or 4 minutes longer.

### Notes

Variation for Sweet & Sour Tofu: Add 2 tablespoons of vinegar and 1 tablespoon of honey, maple syrup, or sugar to the basic marinade.

Recipe by Moosewood Restaurant & Recipes | Ithaca, NY at <http://www.moosewoodcooks.com/easy-baked-tofu/>

