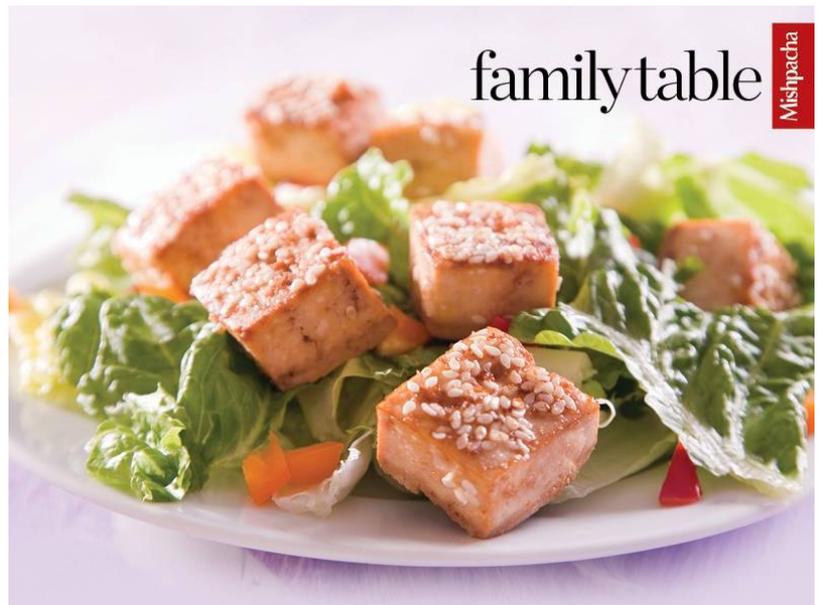


Marinated Tofu

Recipe By *Brynie Greisman*



Cooking and Prep:  1
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Serves:  4

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Vegan,
Pescetarian

Source: Family Table by
Mishpacha Magazine

Tofu is one of those wonder foods that assumes the taste of the other ingredients in the pot. Following is a very versatile recipe. The cubed tofu can be mixed into a salad or can top a rice dish for a light, healthful supper packed with protein and vitamins. If baked longer, it becomes hard and crispy and can be noshed as is, or used as croutons to top a salad. Thanks Chava E.

Ingredients (8)

Main ingredients

- 1 (approx. 450-g./up to 1-lb.) package tofu, any kind (the package I used had just 337 grams)
- 2 tablespoons **Gefen Soy Sauce** (tamari)
- 1 teaspoon canola oil
- 1 teaspoon **Gefen Sesame Oil** (*optional*)

- 1 teaspoon garlic powder
 - 1 teaspoon onion powder
 - 3 or more tablespoons sesame seeds
 - additional oil
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Start Cooking

Prepare the Tofu

1. Cut tofu into cubes. Mix together with soy sauce and leave a few minutes to allow tofu to absorb the flavor.
2. Add rest of ingredients and mix together. Pour into a small baking pan and drizzle with additional oil — not too much (we want to keep the fat down!).
3. Bake at 350 degrees Fahrenheit (180 degrees Celsius) for 30 minutes for a soft texture, 45 for a medium texture, and an hour or more for crispy, crunchy cubes. Mix every few minutes to ensure even exposure to the oven's heat.

Note: This tastes best eaten fresh. If refrigerated overnight, the texture becomes a little rubbery

Tip: To make this dish more piquant, add some freshly ground ginger and a bit of cayenne pepper.

Credits

Photography: Daniel Lailah

Food Styling: Michal Leibowitz