

Baked Tofu

Recipe provided by Connie Cheung.

Ingredients

1 14-16 oz. brick of firm tofu
Olive oil for tossing
Salt and pepper to taste
Buffalo sauce, oyster sauce or BBQ sauce to toss

Mise en place! (Everything in its place)

Directions

1. Preheat oven to 350°.
2. Drain water from tofu and set on plate. Place 2 paper towels on top of tofu and place 2nd plate on top. Weigh down with heavy pan or place a couple of canned goods on top of plate. Let sit 10 minutes to drain tofu.
3. Slice tofu in small cubes by lying first on long narrow side and slicing into thirds, then lay flat on widest side and make 5 cuts across widest area, then make 4 cuts the other way.
4. Place cubes in bowl and toss gently with olive oil to coat. Season with salt and pepper to taste.
5. Bake for 30 minutes, tossing once halfway through, until golden brown on outside.
6. Toss with your favorite sauce and use in wraps, salads or serve with rice and vegetables. Also excellent cold in salads and as a snack.

Notes: You may also toss the raw tofu in sauce before baking and toss with more when it is done baking. This gives it a different texture. Tofu may also be marinated in your favorite marinade for 30 minutes before baking. Have fun experimenting!

[Link to Video](#)