

6 Ways to Cook Tofu

Cooking with Tofu

Tips:

- The most important thing to remember when cooking with tofu is to make sure to press all the liquid out of the tofu. Remove tofu from the package and wrap it in a paper towel or kitchen towel. Stack heavy items on top of the tofu such as heavy pots or textbooks. Leave for at least 30 minutes. You can press tofu a couple days ahead of time and keep in the refrigerator.
- Coat the tofu in cornstarch before you cook it. This will help the tofu get crispy.

Meal Ideas:

- An easy way to think about cooking with tofu is to simply substitute tofu for meat in any given recipe. Here are some additional ideas for quick and easy meals:
 - Scrambled eggs, tofu and veggies. Can also put this on toast or in a burrito.
 - Tofu tacos
 - Tofu stir fry, fried rice, and grain bowls
 - Tofu and noodle soup

Tofu Marinades and Seasonings

Any seasonings, sauces, and marinades go great with tofu. Here are some ideas to get you started:

Blackened Seasoning:

- Soy sauce, paprika, black pepper, salt, garlic powder, onion powder, cayenne pepper

South Asian Flavor:

- Curry powder, turmeric, salt, black pepper

Teriyaki Sauce:

- Soy sauce, brown sugar, ginger, minced garlic

Spicy Peanut Sauce:

- Peanut butter, sriracha, soy sauce, ginger, brown sugar

Microwave

1. Cut tofu length-wise, into small but thick strips
2. Layer tofu strips on a microwave-safe plate
3. Add a splash of broth, drizzle of oil and salt, pepper, soy sauce and sriracha. Make sure each piece is well coated
4. Cook in microwave for 3 minutes, then flip each piece over and cook for another 3 minutes.

Oven

1. Preheat your oven to 350°F.
2. Drain your tofu, then season the tofu with your choice of sauces and spices for 20-30 minutes
3. Transfer the tofu to a baking sheet, put in oven and bake for 20-25 minutes.
4. Flip each piece over then cook for another 20-25 minutes.

Pan Fry

1. Add several tablespoons of oil or butter to a pan over medium-high heat. Let it heat for a couple minutes.
2. Cube tofu, then sprinkle with cornstarch and a pinch of salt
3. Add pieces of tofu to the hot oil and fry until each side turns golden brown.
4. Lower the temperature to medium-low heat and allow each side to cook for 4-5 minutes.

Pan Sauté

1. Heat some oil or butter in a pan over medium heat.
2. Add marinated pieces of tofu and cook in low to medium heat.
3. Gently turn over each piece of tofu every few minutes to ensure even cooking. Repeat for 15-20 minutes until tofu is browned and crispy.

Pan Scramble

1. Drain the tofu. Add a small amount of oil or butter to a pan and heat over medium heat.
2. Add the tofu to the pan and break it up into smaller pieces while cooking. Add seasonings here.
3. Cook until the tofu crumbles are browned and dry.