



General Tarrah's (Tso's) Tofu

Servings: 10

5 1/2 pounds Tofu, firm, pressed

MARINADE

3/4 cup tamari
5/8 tablespoon siracha
1/8 cup sesame oil
1/4 cup maple syrup
1/2 cup sunflower oil

SAUCE

3 1/2 tablespoons sesame oil
2 7/8 tablespoons cornstarch
3/8 cup garlic, minced
1/4 cup ginger, minced
1/4 cup rice vinegar
1 cup maple syrup
3/4 cup tamari
1/4 cup cold water
5/8 tablespoon siracha
5/8 bunch scallions, garnish
sesame seeds, garnish

SERVE WITH BASMATI OR BROWN RICE

Chop tofu into one-inch squares.

Mix the marinade ingredients together. Pour the mixture over the tofu and marinate. Toss occasionally to keep the tofu coated. Preheat the oven to 375.

While the tofu is marinating, prepare the sauce. Lightly saute the ginger and garlic in the sunflower oil (only 1-2 minutes).

Combine the sesame oil, rice vinegar, maple syrup, tamari, and siracha. Add the mixture to the garlic and ginger.

Mix the cornstarch and cold water together. Add to the rest of the sauce. Bring to a simmer to thicken the sauce. You are only trying to thicken the corn starch. Do not simmer it too much, or the liquid will evaporate, and the flavors will condense (and this sauce is already quite strong).

You can now let the sauce sit and bring it back to temp before adding it to the tofu before serving.

When you are ready to bake the tofu, lay it out on oiled sheet pans. If possible, try to keep the tofu from touching so it really cooks up and browns nicely. Roast the tofu until nice and brown (but not dried out), stirring once in a while for evenness.

About 40 minutes before the meal, reheat the sauce and lightly coat the tofu to taste. This sauce is strong... You can always add more, so start off gently. The tofu should be coated but not swimming in a sea of sauce. You can always serve any extra sauce on the side.

Put the pan back in the oven for about 10 minutes to reheat the tofu.

Garnish with thinly chopped scallions and sesame seeds.

Serve with basmati rice and steamed broccoli.

Per Serving (excluding unknown items): 477 Calories; 31g Fat (55.0% calories from fat); 21g Protein; 36g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 2 Other Carbohydrates.