



BBQ Tofu Recipe : Tofu prep , marinade, BBQ sauce prep and Bake. This dish is going to take 24 hours to prepare but it's well worth it. This is adapted from the original Tofu Cookery (pg. 56) by Louise Hagler

Preparing the Tofu

Open tofu package , remove plastic covering. Rinse and drain all water. Replace in the package , placing it in the freezer overnight to 24 hours. Freeze , thaw, squeeze out gently using a cutting board on top and on the bottom of the tofu. Then cut into 2" thick strips: (Using frozen tofu lends a chewy texture and allows spices to be absorbed.)

2 lbs. firm tofu

Next make the marinade.

Mix together:

1 cup water

5 cloves crushed/finely chopped garlic

½ cup peanut butter

4 tsp. black pepper

½ cup soy sauce

Pour this mixture evenly over the tofu strips and press the strips into a container or zip-lock bag, let sit overnight.

Barbecue Sauce

Saute together until onions are transparent:

2 Tbsp. oil

1 medium onion, chopped

5 cloves garlic, minced

Stir in:

1 (15 oz.) can tomato sauce

¼ cup molasses

¼ cup maple syrup

½ cup salad mustard

Bring to a boil, reduce heat to a simmer and add:

½ cup fresh lemon juice or apple cider vinegar

2 Tbsp. soy sauce

½ bunch fresh parsley, chopped or 1 tsp. dried parsley

1 tsp. allspice

1 tsp. crushed red pepper or ½ tsp. cayenne pepper

Tip: To make this extra decadent, I deep fry in peanut oil or ghee , or lightly sauté on stove, or bake.

Then slightly stacking the fried tofu in casserole type dish, cover liberally with Barbecue sauce, bake for 25 mins at 375F then carefully turn them over using a spatula and bake another 25 minutes.

Remove from oven and serve. It's delicious!