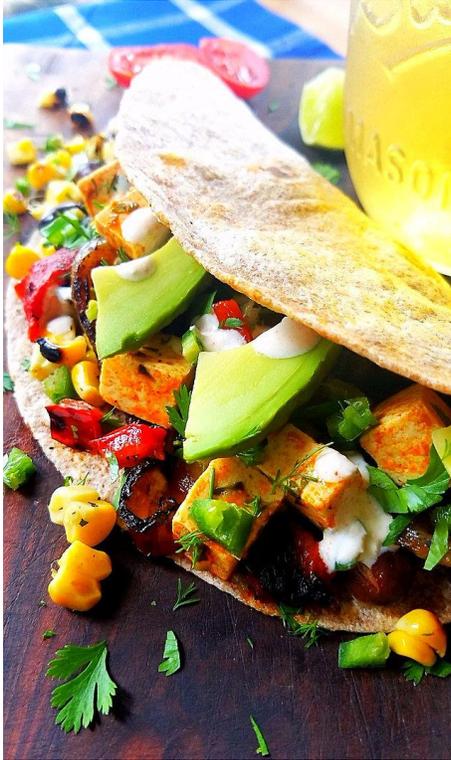


Marinated Tofu - Two Ways

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One of the attributes of tofu that I *love* is its adaptability. You can give it just about any flavor profile you choose. Your only limitation is your imagination! The other thing I love is its *bang for the buck*. A 3.5 ounce serving of organic extra firm tofu provides roughly 120 calories, 12g protein, 5g of mostly unsaturated fat, is an excellent source of manganese, a good source of selenium, calcium, magnesium and phosphorous and contains a decent amount of iron and copper... all for about 63 cents.

[For comparison, a 3.5 ounce serving of 90% lean ground beef contains 196 calories, 24g protein, 10.5g fat (half of it saturated) for about \$1.30 if you find a good sale].

To make it even more firm and slightly chewy (in a pleasant way), I like to press it overnight. This doesn't require any fancy equipment either, just a couple of things you already have. So let's get started, shall we?

The Process:

1. I like to make several blocks at a time because I use them in a lot of different dishes and like to have at least a couple different flavor profiles to choose from. Use a knife to cut through the plastic film, being careful not to cut through the tofu (if this happens anyway, it's not the end of the world). Drain the liquid. Using a clean hand gently press the tofu over a sink to release a bit more liquid. Place the tofu on a plate or tray, put another plate or tray on top and a couple of canned goods to weigh it down. I like to use a 28 oz can of tomatoes. Refrigerate for 8-24 hours, draining the liquid every occasionally. You can progressively add more

weight if you choose, but this is not totally necessary. The objective is to remove as much of the liquid as possible so the tofu will absorb as much of the marinade as possible. Marinade = FLAVOR!

Note: you *can* proceed without taking the time to press the tofu (or pressing it for less time), the tofu just won't absorb as much of the marinade and will be slightly softer, so take care when tossing/stirring etc. so you don't break it apart.

2. Use paper towels to blot any external moisture and cut the block into 8 even slabs.
3. Now cut those slabs in half so you end up with 16 even rods.
4. Now cut each rod into cubes and set them aside,

Now it's **FLAVAH TIME!** I love both marinades and can't choose a favorite... they are each so different. I plan to experiment with several more flavor profiles too, so stay tuned

The combined effect of the marinade flavors and the pressing result in a "feta"-like texture and flavor. If you want something similar to crumbled feta cheese, you can crumble the pressed tofu before marinating instead of cubing. **Either way, this is INCREDIBLY DELICIOUS!**

Here's what you'll need for the **Mediterranean marinade:**

In a small bowl, combine:

Zest and juice from 2 large lemons

3 gloves garlic, finely minced

1/4 cup apple cider vinegar

1 Tbsp extra-virgin olive oil

3 Tbsp water

2 Tbsp nutritional yeast (those are the yellow flakes in the jar with the black lid; you can purchase them [here](#))

1 1/2 tsp Greek oregano, dried

1/4 tsp red pepper flakes

1/4 tsp cracked black pepper

1 tsp salt

Mix until well combined.

Note: you can omit the nutritional yeast, but this adds a "cheesy" flavor and important B vitamins, including vitamin B12 (if you have purchased a fortified nutritional yeast, check the label carefully).

Put the tofu cubes in a zip-lock bag or other container and pour the marinade over all. Scrape out the bowl to get every bit of deliciousness! Put this in the refrigerator to marinate 8-24 hours, flipping the bag or container every couple of hours.

Here's what you'll need for the **Latin American marinade**:

In a small bowl, combine:

Zest and juice from 3 limes

Zest and juice from 1 orange

3 large cloves of garlic, finely minced

1 small bunch of cilantro, chopped (it's been a great cilantro-growing year for us too!)

1 jalapeno, seeded (for less heat) or unseeded (for more heat), diced small

1/4 cup white wine vinegar

1 Tbsp extra-virgin olive oil

3 Tbsp water

2 Tbsp nutritional yeast

1 Tbsp smoked paprika or chile powder

1 tsp ground coriander

1 tsp ground cumin

1/2 tsp Mexican oregano

1/4 tsp cracked black pepper

1 tsp salt

Mix until well combined.

Put the tofu cubes in a zip-lock bag or other container and pour the marinade over all. Scrape out the bowl to get every bit of deliciousness! Put this in the refrigerator to marinate 8-24 hours, flipping the bag or container every couple of hours.

Once the tofu has marinated for a while, they can be used in countless ways (or eaten straight out of the bag)! **Here are some suggestions:**

For the Mediterranean version:

Atop a Greek salad

Atop crisp pita crackers as an appetizer (see top-most photo)

In a Gyro wrap with grilled eggplant, onion, hummus and chopped parsley

In a basmati rice summer salad

Nutrition Facts	
Servings: 4	
Per Serving	% Daily Value*
Calories 175	
Total Fat 8.6g	11%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 626mg	27%
Potassium 724mg	15%
Total Carb 17.9g	6%
Dietary Fiber 6.4g	23%
Sugars 6.1g	
Protein 12.8g	
Vitamin A 136% · Vitamin C 87%	
Calcium 23% · Iron 26%	
*Based on a 2,000 calorie diet	
Recipe analyzed by verywell	

In a hoagie roll

Paired with whole grain freekeh, couscous, kamut, or spelt

As a pizza topping (I add it after the pizza has cooked)

As part of a [bento box](#)

For the Latin American version:

Inside grilled veggie fajitas

Atop a black bean salad

Tucked inside a burrito

Added to a brown rice bowl

Inside crispy or soft tacos (see photo below)

inside romaine lettuce boats as an appetizer

skewered along with cherry or grape tomatoes as a tapas

Atop nachos

Atop a tostada

As part of a [bento box](#)

Nutrition information is for 3.5 oz of tofu cubes and 2 Tbsp of marinade.

When you make this, be sure to take a photo and tag me #chefcatherinebrown. I love seeing what you make!