

Marinated Grilled Tofu

Press

Press 2 blocks of firm tofu for 30 minutes to get rid of much of the water. To press, I put 2 whole blocks of tofu on a cutting board and set the cutting board in the sink. Then I put another cutting board or baking sheet on top of the tofu. Then I put a heavy pan on top of the top-most cutting board. If you do this on the counter, the weights on top will tip over, fall to the floor and break, and water will drip all over the place. So that's why I think it's best to do this in the sink.

Marinate

Mix these ingredients in a bowl to make the marinade:

- 2 Tablespoons Raw Blue Agave Syrup
- 2 Tablespoons Balsamic Vinegar
- 4 Tablespoons Tamari
- ¼ teaspoon Liquid Smoke (optional)

Slice each block of tofu into 8 even slices (or "tofu steaks" if you prefer). Place in a baking pan and pour marinade over top. Gently flip the slices over, every 30-60 minutes to make sure they are soaking up all the marinade. After about 2-3 hours (if you only have 20 minutes, work with that!) go on to the next step. If you want to marinate it longer than 3 hours, put the baking pan in the refrigerator.

Cooking in toasted sesame oil

Even though the title has "grilled" in it, you actually don't cook this on a grill. It just tastes like it.

Coat a very heavy pan, preferably cast iron, (I use my Le Creuset cast iron wok) with a Tablespoon of toasted sesame oil. Turn on the heat to medium high. Spread the tofu slices across the pan, making sure a thin layer of oil gets on the bottom. Drizzle an additional layer of toasted sesame oil across the top of the tofu. Don't be afraid to add the marinade to the pan--as long as it's not swimming in marinade. Just a little extra. It will eventually evaporate and the flavor will stay with the tofu. Leave the tofu slices on the pan about 5-10 minutes depending on the heat and the pan, until the first side develops a layer of caramelized layer of marinade (meaning it turns brown or a little black at the edges). Gently flip once, let cook about 3 minutes more until both sides are brown with just the edges black.

Serves 3-4. Serve with roasted potatoes, broccoli sautéed with garlic and olive oil...as you wish.

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