

BATTERED & BAKED TOFU: REVISTED

[VEGAN & GLUTEN FREE]

Yields: 48 pieces

Serves: 8

Prep: 30 mins + 6-12hrs (marination)

Tofu Assembly: 20-25mins

Cooking Time: 30-35mins

Cooling: 5 mins

Type: Main meal, snack

Tools: Heavy plates, kitchen paper, chopping board, sharp knife, small measuring jug, casserole dish, 2* bowls, 2* baking trays, silicone mat or parchment paper, cooling rack

Courtesy of: Eat2Health Blog



We love tofu and we're always trying to create new and exciting recipes as well as trying to improve and adapt our older ones too. This time we have revamped our delicious battered tofu! By marinating it before applying the batter, it has added another depth of flavour and has inspired plenty of ideas of how to use it! A crispy, light and tasty batter makes this tofu easily enjoyed in a wrap with a sauce, as part of your main meal or as a snack or with your next picnic with a dip! However you plan on enjoying these delicious morsels, just make sure to cook plenty as they won't last long!

Ingredients

800g Firm Tofu (= 2 tetrapaks)

Low-fat cooking oil

Tofu Marinade

3 tbsp Sesame oil

3 tbsp Walnut oil

2 tbsp Rice vinegar

3 tbsp Soya sauce (*reduced salt)

1½ tbsp Maple syrup

1 tsp Ground ginger

⅛ tsp Asafoetida

Dry Batter

100g Plain GF flour

20g Corn flour

2-3g Garlic salt

2g Onion Powder

2g Sweet Paprika

⅛ tsp Salt & ground black pepper

Wet Batter

90g Potato starch

120ml Unsweetened DF Milk (8 tbsp)

Directions

1. Drain and press the tofu between two heavy and/or weighted plates (or chopping boards) to express any excess water. Leave for 30 mins. **Tip:** Try sandwiching the tofu between a few sheets of kitchen paper to help absorb some of the excess liquid.
2. In the meantime, make the tofu marinade. Place 3 tbsp sesame oil, 3 tbsp walnut oil, 2 tbsp rice vinegar, 3 tbsp soya sauce, 1½ tbsp maple syrup, 1 tsp ground ginger and 1/8 tsp asafoetida into a large measuring jug. Whisk until thoroughly combined.
3. When the tofu is ready, drain away any excess water. Place the tofu onto a chopping board and chop into ½ cm rectangular pieces. **Tip:** We made six cuts (width wise) and four cuts (lengthwise). Layer the tofu into the base of a large casserole dish. Pour over the marinade.

Tip: To help evenly distribute the marinade, pour a little into the casserole dish first before layering the tofu. Cover with some kitchen film. Refrigerate for 6-12 hrs. Tip: If possible, turn the tofu over at least once whilst it's marinating.

4. Prepare your dry batter. Place 100g GF flour, 20g corn starch, 2-3g garlic salt, 2g onion powder and 2g sweet paprika into a small bowl. Season with a little salt and a few grinds of black pepper to taste. Stir and whisk until combined. Prepare the wet batter. Place 90g potato starch and 120ml DF milk into a separate bowl. Whisk until combined.
5. Preheat the oven to 200C/400F. Line two baking trays with silicone mats or a sheet of parchment paper. Spray each tray with some low-fat cooking oil. Dip a piece of marinated tofu into the wet batter, thoroughly coating it in the mixture. *Tip: It's just a quick dip; you do not need to soak it.* Next, dip and gently press the tofu into the dry batter until all of its sides are covered. *Tip: The faster you can complete these steps, the less 'coagulated' batter will form on your fingers!* Place the battered tofu onto the baking tray. Repeat until all tofu is battered.
6. Place the trays onto the middle and lower oven shelves. Bake for 15mins. Remove. Turn the tofu over. Place the trays back into the oven (switching the shelf positions of the trays). Bake for a further 15-20 mins or until cooked and the lightly golden. Remove. If possible, allow the tofu to cool on the tray for 5mins before serving.

Enjoy!

Tip: Refrigerate any leftovers in an air-tight and resealable container; reheat and consume within 5 days.

Notes:

- A sauce or dip is the key, especially with reheating leftovers; the batter (although tasty) can go a bit dry, so the use of a sauce or a dip transforms these battered lovelies into a tasty meal or snack.
- Any type of DF milk or starch should be fine. We used some unsweetened almond milk and potato starch for their neutral taste, low cost and seemingly effortless and versatile use and availability in our kitchen.
- Adjust and adapt the dry seasoning (or tofu marinade) to taste or use your preferred 'tried and true' recipes.
- Need a completely GF option? Use some tamari sauce instead of our recommended soya sauce.
- The tofu marinade we used is actually one from a previous recipe: [Marinated Tofu & Veggie Skewers w/ A Peanut Satay](#)
- If you're halving the amount of tofu, you'll save yourself 10mins!
- There is enough marinade and batters for two firm blocks of tofu.
- Allow them to cool on the baking trays for at least 5 mins before serving and allow them to cool completely before storing in the fridge.
- When reheating, use the oven where possible, as the batter can go a little soggy after it's been in the fridge for a few days.