

Crispy Tofu with Maple-Soy Glaze

Makes 2-4 servings

Prep and cook time not listed

Ingredients:

- 1 12oz block of firm tofu
- ¼ cup of low sodium soy sauce
- 3tbsp pure maple syrup
- 3tbsp unseasoned rice vinegar
- ½ tsp crushed red pepper flakes
- 1 ½" piece of ginger, very thinly sliced
- ½ cup neutral oil, such as canola oil or grapeseed



Directions:

1. Drain tofu, then sandwich between several layers of kitchen towels to remove excess liquid. Cut into 9" cubes.
2. Whisk soy sauce, maple syrup, rice vinegar, red pepper flakes and ginger in a small bowl.
3. Heat oil in a large nonstick skillet over medium-high. When oil is rippling across surface, carefully add tofu so it doesn't splash. Cook, undisturbed, until very crisp and dark brown underneath, 3-4 minutes. Carefully turn and repeat on opposite side. Holding tofu back with a spatula or slotted spoon, pour out oil into a small bowl. Return skillet to medium-high heat and add soy sauce mixture. Cook, reducing heat to medium so it doesn't over-reduce or burn and basting tofu occasionally, until glaze is thick enough to coat a spoon, about 4 minutes.
4. Divide tofu among plates, serve over cooked rice.

Recipe adapted from: <https://www.bonappetit.com/recipe/crispy-tofu-with-maple-soy-glaze>