

THEODORA

speaks



Alison McConnell's Sesame Tofu

I make this each weekend and use it throughout the week as a non-meat source protein for salads, rice, etc.

What you'll need:

Food Processor (or blender)

1 lb of extra firm tofu in water (make sure you buy tofu in water – otherwise it will not accept the marinade as well)

Tahini

White Miso

Tamari (or soy sauce)

One lemon

Eden Sesame Shake (if you don't have this - you can get it on Amazon – you can use a combo of white and black sesame seeds)

Fresh garlic (2 cloves or to taste)

Fresh ginger (one – two inch piece or to taste)

White wine (optional)

Pre-heat the oven to 425 degrees

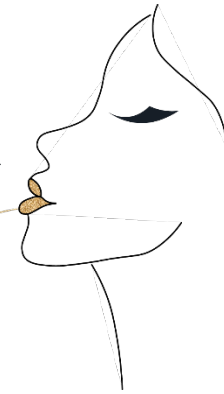
In the food processor/blender, mix the following:

- 4 tablespoons tahini
- 2 tablespoons miso
- 1 tablespoon tamari
- Juice from one lemon

- ¼ cup of water

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- Splash of white wine
- 2 roughly chopped cloves of garlic
- Roughly chopped ginger

Pulse/Blend together until smooth and set aside

Cut tofu into one inch cubes

Squeeze out excess water in tofu with a tofu press or using paper towel

Place tofu in a bowl and cover with most of the marinade

Use a gentle spoon or rubber spade to mix the tofu and the marinade together

Let marinade for 15 minutes or longer

Once done marinating:

Place a piece of aluminum foil on a cookie sheet

Cover with a light coat of olive oil

Place marinated tofu on the oiled foil

Cover tofu with white and black sesame seeds (or a furikake mix – my favorite is Sesame Shake from Eden foods)

Bake in pre-heated 425 degree oven for 18 minutes.

Let sit for 5 minutes before removing from the foil.

*Use excess marinade for dressing (mix with a bit of water to thin)