

SPICY GLAZED PAN FRIED TOFU

Yield: 8 Portions

Ingredients	Amounts
<i>Sauce</i>	
Garlic cloves, minced	4 ea.
Ginger, minced	2 tsp.
Gochujang	¼ cup
Soy sauce, low sodium	¼ cup
Sugar	2 Tbsp.
Sesame oil	2 Tbsp.
Rice vinegar or cider vinegar	2 tsp.
Water	½ cup
Tofu	1 lbs.
Cornstarch	2 cup
Canola oil	as needed
Green onions, sliced thin	¼ cup
Cilantro leaves or micro cilantro	¼ cup
Sesame seeds, toasted,	2 Tbsp.

Method

1. *For the Sauce:* Combine all ingredients in a blender. Blend until smooth. Reserve ¼ of sauce.
2. Cut the tofu into ½" wide slabs.
3. Toss with cornstarch to coat. Remove any excess cornstarch.
4. Heat a sauté pan over medium heat. Add oil and place the tofu in a single layer. Cook on each side until golden brown. Drain off any excess oil, and add the sauce to the pan and let it reduce as it coats the tofu.
5. Once the sauce has reduce and glazes to tofu. Place tofu on a plate.
6. Pour some of the reserved sauce over the tofu if needed.
7. Garnish with green onions, cilantro, and sesame seeds.

Note: serve with cooked brown rice.