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Terri's Baked Tofu

Serves 6 to 8

Ingredients:

5 lbs. extra firm tofu, cut into 3X2X1/2 inch pieces	½ - 1 TBSP garlic Powder or granules
cooking oil spray	4 TBSP olive oil (optional)
½ cup Tamari, Soy Sauce, or Braggs aminos	Non-insulated cookie sheets

Preparation:

1. Lay tofu slices out on absorbent towels, cover with more towels and lay something heavy on them, with the weight distributed evenly. Press for about 15-30 minutes.
2. Preheat your oven to 425°, 400° convection (which is preferable), and prepare your pans. Cover non-insulated cookie sheets with aluminum foil or parchment and spray generously with oil (Instead of spray, you may pour 2 TBSP olive oil) on each cookie sheet, and then divide the tamari evenly over each pan. Swish with your fingers to mix. When your tofu is drained, toss and turn the tofu slices in the oil/tamari, and scoot to one edge of the pan. Continue until your pan is full, crowding is not recommended, and do the same with the other pan. You may trim some slices so they will all fit on two pans. Add more tamari if your last pieces of tofu are looking pale compared to the first ones.
3. Sprinkle generously with garlic powder and spray the tops of the tofu with any unused oil.
4. **Traditional oven**--Place pans in the hot oven and bake for 30 minutes, rotating the pans of tofu after 15 minutes so they bake evenly. Check the bottom of the tofu after 30 minutes. It should be getting browned and crisp. If so, turn the tofu and continue baking until the other side is crispy, about another 20-30 minutes. Do not over bake as your tofu will be hollow. If you are unsure as to when it is done, remove one from the oven and break off a piece. It should be chewy yet still tender and moist inside. If you like your tofu like jerky, continue baking.

Convection oven-- Place pans in the hot oven and bake for 30 minutes. Check the bottom of the tofu for it should be getting browned and crisp as should the tops. Continue baking about another 20-30 minutes. Do not over bake as your tofu will be hollow. If you are unsure as to when it is done, remove one from the oven and break off a piece. It should be chewy yet still tender and moist inside. If you like your tofu like jerky, continue baking.



Food Fairy Note: Try using different seasonings on your tofu such as chili powder, Cajun seasoning, or even curry powder (step 3), when preparing these “tofu steaks” for interesting nibbling.