

Baked Tofu

This is a simple way to change the texture of tofu. Once baked, it can be used in a number of ways as a substitute for dried tofu or deep fried tofu.

1. Preheat the oven to 425°. The tofu may also be placed in the oven as it's warming up to save energy.
2. Slice the tofu into ½ -3/4 inch slabs the full size block of tofu.
3. Somewhat generously oil a baking sheet with edges, using light olive oil or safflower oil.
4. Place each slab of tofu on the oiled baking sheet and then flip over to oil both sides.
5. Put in the oven and bake about 15 minutes on one side, or until the tofu becomes golden and leathery. Remove from the oven and turn each slab over and bake another 10 minutes.
6. Use what you need. The rest can be stored in the fridge for five days or for keeping longer, freeze it.
7. Add to beans, stews, sautéed sea vegetables or simmer in a tasty broth, reduce the liquid and use in sandwiches.