



Five-Minute Marinated Tofu Marvel

By Dylan Sabuco

Prep Time 5 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

marinate: to soak food in a seasoned liquid to add flavor and tenderize it before cooking.

Equipment

- ☐ Skillet
- ☐ Large mixing bowl
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Heat-resistant spatula

Ingredients

Five-Minute Marinated Tofu Marvel

- ☐ 1 block extra firm tofu ******(for SOY ALLERGY sub 1 1/2 C mushrooms)******
- ☐ 1/4 C soy sauce ******(for GLUTEN/SOY ALLERGY sub coconut aminos)******

- ☐ 1 T granulated sugar
- ☐ 1 T cornstarch
- ☐ 1/2 tsp ground black pepper
- ☐ 1 T sesame oil ******(for SESAME ALLERGY sub 1 tsp ginger + 1 T vegetable oil)******

Food Allergen Substitutions

Five-Minute Marinated Tofu Marvel

Soy: For 1 block extra firm tofu, substitute 1 1/2 C mushrooms. Substitute coconut aminos for soy sauce.

Gluten/Wheat: Substitute coconut aminos for soy sauce.

Sesame: For 1 T sesame oil, substitute 1 tsp ginger + 1 T vegetable oil.

Instructions

Five-Minute Marinated Tofu Marvel

measure + marinade

In a large bowl, measure and combine **1/4 cup soy sauce, 1 tablespoon sugar, 1 tablespoon cornstarch, 1/2 teaspoon black pepper**, and **1 tablespoon sesame oil**. Then, open **1 package of tofu** and drain all the water. Place the block of tofu in the large bowl with the soy sauce mixture. Toss the tofu around a few times in the mixture to get it fully coated. Marinate for 5 minutes, flipping the tofu once halfway through.

slice + sauté

Remove the tofu from the bowl and place it on a large cutting board. Slice the tofu into large rectangular pieces or triangular pieces. Heat the skillet to medium and place the sliced tofu in the pan. The tofu may stick at first, and that's okay. Cook for 5 minutes on the first side, or until the tofu is no longer sticking to the pan. The natural process of cooking the tofu without any stirring will unstick it from the pan.

stir + serve

Stir and flip the tofu in the pan and cook for another 2 to 3 minutes on the other side. Remove the tofu from the pan and reserve to serve along with **Colorful Thai “Rad Na” Noodles!**

Featured Ingredient: Tofu!

Hi! I'm Tofu!

"I'm also called "bean curd" because Tofu (TOH-foo) is made from soybeans. I'm a great substitute for meat and eggs in many recipes, while my spongy texture absorbs the flavors of a dish's marinade, sauce, or

seasoning!"

History & Etymology

Sources disagree on when the making of tofu began. Some say it was discovered about 2,000 years ago in China during the Han dynasty, and some say it was closer to 1,000 years ago. Legend says that Prince Liu An found the process for making tofu during the Han dynasty. Whether he did or the invention was just attributed to him, the Han dynasty tofu may not have resembled what we have now.

Another theory for tofu's discovery is ascribed to the addition of impure sea salt to a boiled soybean mixture that caused the concoction to curdle. Some also believe the credit goes to borrowed milk-curdling techniques from the Mongolians or East Indians.

Zen Buddhist monks introduced "Chinese tofu" to Japan in the late 8th century, where it was used as a replacement for meat and fish. Chinese immigrants brought tofu to Southeast Asia sometime between the 10th and 11th centuries.

In the United States, tofu was first mentioned by Benjamin Franklin in letters written to two different people. He had tried it in London and referred to it as Chinese "cheese" made from soybeans.

The first tofu factory in the United States was established in 1878. The oldest currently running tofu company is Ota Tofu in Portland, Oregon, founded in 1911.

The word "tofu" comes from the Japanese "tōfu," from the Chinese "dòufu," from "dòu" ("beans") and fǔ ("rot").

How to Select & Eat

The types of tofu you can buy are silken or soft, medium (regular or medium-firm), firm, and extra firm. Silken or soft tofu has not been pressed and has a higher moisture content than firmer tofu. It is similar to yogurt or pudding or a soft, early cheese. You can use it to make smoothies or as a replacement for eggs. Medium tofu is a popular type, referred to as just "tofu" on some labels. It has a porous texture that is good for mopping up sauces.

Firm tofu has been drained and pressed but still has a high moisture content. Its outside texture is similar to raw meat, and when you press it, it will bounce back. The inside is similar to a firm custard. Firm tofu is versatile to cook and can be pan-fried, deep-fried, or stir-fried.

Extra-firm tofu has had a larger amount of liquid pressed out, and its texture is closer to fully-cooked meat. Therefore, it is a suitable replacement for meat and can be pan-fried, deep-fried, or stir-fried. You can also serve it cold or add it to soup. Extra-firm tofu does not absorb liquid as well as firm tofu, so if you use a marinade, choose medium or firm tofu.

Tofu benefits from being frozen before cooking. Freezing tofu removes more of the liquid and gives it a stronger, firmer, and more meat-like texture. When you cook with frozen tofu, it will not fall apart as easily. Freezing also helps tofu to last longer, and it works with most forms but may be more difficult with the silken type.

To freeze tofu, drain the liquid from the package, then remove the block and gently squeeze out any

remaining liquid with a paper or kitchen towel (you do not need to press it). Cut it into the size needed for your recipe. If you will be using a portion of a tofu block, separate what you are using, then put the pieces, not touching, on a tray covered with plastic wrap. After the tofu freezes, in about five hours or overnight, you can transfer it to a freezer-safe airtight container or bag. Frozen tofu may not need to be thawed before cooking, depending on your recipe. If you want to thaw it first, let it sit in the refrigerator for a few hours or overnight, or if needed more quickly, run warm water over it.

Nutrition

Tofu is high in protein, which makes it a great meat substitute. Firm tofu has more protein than silken or soft tofu. It also has a higher fat content.

Tofu is considered a complete protein, containing all nine essential amino acids.

Tofu has a good amount of calcium, iron, potassium, and manganese. It can help strengthen bones, lower cholesterol, and prevent coronary heart disease.

People allergic to soy should not consume tofu, which is made from soybeans.