

**TASTY  
TOFU  
RECIPES  
TO TRY  
AT HOME**

**From the West Tisbury School Garden Tasting  
Project/Nicole Cabot  
Recipes/tastings with Catherine Walthers**

# Sweet & Sour Tofu Triangles

Serves 2

1 pound extra-firm tofu  
Seasoned flour \*

## Sauce:

1 teaspoon light sesame or canola oil  
1 teaspoon ginger, peeled and minced  
1 teaspoon garlic, minced  
1/4 teaspoon hot red pepper flakes  
1/3 cup natural apricot or plum preserves  
2 1/2 tablespoons water  
1 tablespoon naturally brewed soy sauce  
2 teaspoons rice vinegar

1. To prepare the tofu. Open package and wrap tofu in clean kitchen towel until towel becomes damp, 10 to 20 minutes.

Slice tofu widthwise into 1/4 inch slices. You'll get about 8 slices.

2. Heat a large skillet on medium high. Just before pan frying tofu, add enough canola and olive oil to coat pan. Dip both sides of the tofu into the seasoned flour and pan-fry on both sides until lightly golden and slightly crispy. Remove to a plate or baking sheet lined with paper towels. When slightly cooled, cut each piece in half and cut each half into triangles.

3. To prepare dipping sauce, warm the oil in a small saucepan or skillet over

medium heat. Add the ginger, garlic, and red pepper flakes and sauté for 1 minute. Do not let the garlic brown or it will overpower the sauce. Add the preserves, water, soy sauce, and vinegar. Whisk to dissolve the preserves and simmer gently for 1 minute. Add the tofu triangles to coat and reheat.

\* Seasoned flour can be as easy as adding a little salt and pepper. For additional flavor add a few pinches of dried onion and garlic powder.

@ Adapted from The Modern Vegetarian Kitchen by Peter Berley

## CRISPY TOFU WITH ORANGE DIPPING SAUCE

1 pound extra-firm tofu  
1 egg  
flour  
Panko bread crumbs

1. To prepare the tofu. Open package and wrap tofu in clean kitchen towel until towel becomes damp, 10 to 20 minutes. Slice tofu widthwise into 1/4 inch slices. You'll get about 8 slices.  
  
2. Season tofu slices with salt. Put egg in one bowl, flour in another and the panko breadcrumbs in another. Dredge one slice in the flour, then dip into the egg mixture. Finally, place the tofu slice in the bread crumbs and press to help adhere on both sides.
2. Heat a large skillet on medium high. Just before pan frying tofu, add enough canola and olive oil to coat pan. Pan-fry on both sides until coating is lightly golden and crispy. Remove to a plate or baking sheet lined with paper towels. Cut if desired, and serve with the dipping sauce.

### Orange Dipping Sauce:

1 1/2 cups fresh squeezed orange juice  
1 tablespoon light vinegar  
1 tablespoon sugar

1. To make the sauce: in a saucepan add the orange juice, vinegar and sugar. Bring to a boil, then simmer until sauce is reduced and thickened, maybe about 1/2 cup.