

Crispy Pepper Tofu

Ingredients:

14 ounces (or more) extra firm or firm tofu
3 tablespoons soy sauce
1 teaspoon (freshly ground) black pepper
1/8 teaspoon salt
2 tablespoons vegetable oil

Cooking Instructions:

To press the tofu, place the block between two dish towels or plates and set something heavy on top. This will help remove any extra water. Let it sit for 15 minutes.

Cut the tofu half horizontally. Cut in 1-inch cubes or so. Mix in a pie dish or plastic zipper-bag with soy sauce, pepper and salt. Turn the bag over a couple of times as you marinate the tofu for at least 15 minutes.



Heat a large, heavy skillet (preferably cast iron) over medium-high heat for a couple of minutes. Add oil and heat a few seconds, then add tofu. The tofu should be able to cook in a single layer so it can brown and crisp on several sides. Cook 15 minutes or so, turning occasionally. Serves 2 to 3.

Possible garnishes:

- Chopped green onions
- White or black sesame seeds
- Drizzle of sesame oil (1 or 2 teaspoons)
- Minced cilantro
- Sriracha or other hot sauce
- Diced red bell pepper (fresh or roasted)

--Sarah Fritschner, Kentucky Food Writer