

Spiced Pan Cooked Tofu

An easy and delicious way to eat tofu. You can add it to salads, stir fries, curries or eat it by itself.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 2 mins

Cooking time: 8 mins

Category: Side Dishes



Ingredients

Tofu, raw (not silken), cooked, firm	1 block - 7" x 1 9/16" x 1 5/8"
Olive oil	1 tablespoon
Garlic, powder	1 tablespoon
Onion powder	1/2 tablespoon
Turmeric, ground	1 teaspoon
Paprika	1 teaspoon
Crushed red pepper, crushed	1/4 teaspoon
Salt, sea salt	1/2 teaspoon

Instructions

Press tofu 30 minutes. This is done by removing tofu from packaging, draining, and wrapping tofu block in paper towel, or a clean tea towel or cheese cloth. Place wrapped tofu in a dish or tray and place a heavy object on top, such as a book for about half an hour. This process will remove excess liquid from the tofu block.

1. Cut tofu in about 1-inch cubes and place in bowl with all other ingredients. Mix gently until oil and spices are well combined with the tofu cubes.
2. Heat a medium sized cast iron skillet. Place cubes in hot skillet and let cook about 4 minutes without mixing or turning.
3. Once the bottom is browned turn each cube one at a time to the opposite side and let brown for about 4 minutes. It is important to turn each cube separately for the tofu to cook and brown thoroughly and evenly. Once both sides are lightly browned remove from heat. Serve immediately or let cool and store in refrigerator for up to 3 days.