

Cooking with Tofu – Class 1 Recipes

Oven Baked Tofu and Raspberry Dessert

Oven Baked Tofu Steaks

Makes 6 steaks

- 1 package firm or extra firm regular tofu (not silken)
- 1/3 cup whole wheat pastry flour, or other flour
- 2 Tbsp nutritional yeast powder
- 1 Tbsp onion powder
- ¼ tsp garlic powder
- ¼ tsp poultry seasoning (or dried sage and thyme mix)
- 1 Tbsp soy sauce (Tamari)
- Spray oil

(An alternative flour mixture is to replace the nutritional yeast and poultry seasoning with 1 tsp or more of chili powder and parsley flakes.)

Drain the package of tofu, and slice across to make 6 slices. Wrap the slices in a clean soft cloth, or paper towels and press out the excess water.

Preheat the oven to 375° F. Mix the flour, nutritional yeast, onion and garlic powder and the poultry seasoning in a small flat-bottomed bowl that you can lay each slice in. In another small flat-bottomed bowl, place the tablespoon of soy sauce.

Spray a cookie sheet or baking dish with spray oil to prevent sticking, if not non-stick.

Use one hand to soak each slice of tofu in the soy sauce, turning it over to cover both sides, then placing it in the flour mixture. Then use your dry hand to turn it over to ensure that the tofu slice is covered evenly with flour mixture. Place the slice onto the cookie sheet, and repeat for each slice.

Place the cookie sheet in the oven and bake for 15 mins, then turn slices over with a spatula and bake for another 10 mins until slices are lightly browned. Serve like steaks, or use in sandwiches.

Raspberry Dessert

- 1 package silken tofu
- 8oz raspberries (fresh or frozen) – save a few for decorating the top
- 2 Tbsp maple syrup (or other sweetener) or more if you like it sweeter
- 1 pinch salt

Blend ingredients in a food processor or blender. Pour into 4-5 small bowls. Decorate top with saved raspberries. Refrigerate until ready to serve.