



MISO *Glazed* TOFU

INGREDIENTS

- 2 blocks extra firm tofu, drained and pressed
- 1 tbsp safflower oil, or other high-temperature oil
- 2-3 tbsp cornstarch
- ¼ cup mirin
- 4 tbsp white miso paste
- 3 tbsp maple syrup
- 2 tsp sesame oil

DIRECTIONS

- Preheat the oven to 425°.
- Set each pressed block of tofu on its side and slice it down the middle, creating two slabs. Then cut each slab into equal bite-sized pieces.
- Toss the cubes in the safflower oil, then sprinkle with cornstarch. Toss again to coat each block evenly.
- Arrange the cubes on a baking sheet. I recommend lining the baking sheet with a silicon baking mat. Bake the tofu for 10 minutes, then pause and flip each piece. Return the tofu to the oven and bake for another 10 minutes.
- While the tofu is baking, prepare the miso glaze by combining the mirin, miso paste, maple syrup and sesame oil in a small bowl. Whisk until smooth. A miso whisk is a great tool for the job!
- Remove the tofu from the oven and put it into a large bowl. Pour the marinade over the tofu and toss to coat. Return the glazed tofu to the baking sheet, being careful to spread it out into a single layer. Broil the tofu for 1-2 minutes on the middle rack, being careful not to burn it. The tofu is done when the miso glaze has caramelized, and the outside of the tofu has become crispy.
- Serve immediately.

Serves 4

Cook Time 45