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## **Southern-Fried Tofu**

Rumor has it that southern-fried tofu will steal the show at a potluck. Try it and see for yourself. We credit Stephanie Tidwell, who hails from the South herself, for this recipe.

1 lb. firm tofu (Stephanie recommends White Wave Tidal Wave)

### **Marinade**

1/3 cup tamari or shoyu soy sauce

1/4 cup mirin or sherry

Splash of balsamic vinegar

3 cloves garlic, minced or pressed

Splash of sesame oil

1 Tbs. chicken-flavored broth (meatless) (look in the bulk foods department of your natural foods store)

### **Breading**

1/2 cup flour

1/4 cup sesame seeds

2 tsp. seasoning salt

1/2 tsp. black pepper

1/4 cup nutritional yeast

Canola oil for frying

1. Cut tofu into slabs or strips. Mix all marinade ingredients; marinate tofu for at least 30 minutes.
2. Meanwhile, mix breading ingredients. In a deep pan, heat oil (test by dropping a tiny piece of tofu into the oil—if it sizzles, it's ready). Coat tofu slabs with breading mix and fry in oil until golden brown on all sides. (For a healthier version, lightly grease a pan and bake breaded tofu slabs in a 350° oven. Turn once after about 25 minutes and bake for another 15 or 20 minutes.)