

WEEK 3 BBQ Tofuyaki



Summer is over but you can still enjoy the fresh taste of vegetables and tofu. This dish makes a great appetizer or entrée!

INGREDIENTS:

1 pkg Superior Stew Fried Tofu
8 Pineapple Rings

MARINADE:

1/2 cup Soy Sauce
1/2 cup Pineapple Juice
1 Tbsp Seasoned Rice Wine
1 Tbsp Honey
1 tsp Fresh Ginger, minced
1 Tbsp Sesame Oil

PINEAPPLE SALSA:

1 cup Pineapple, tidbits
1/4 cup Red Bell Peppers, chopped
1 tsp Fresh Cilantro, chopped
1 tsp Fresh Ginger, minced
1/2 tsp Sugar
1 Lime, Zest, and Juice

Mix Pineapple Salsa ingredients, cover and set aside in fridge.

Mix marinade ingredients together.

Cut tofu into halve lengthwise and marinate for at least hour in the refrigerator.

Grill tofu and Pineapple Rings over medium heat for approx. 10-12 minutes.

Place grilled pineapple on a plate, top with Tofu and add a spoonful of the Pineapple Salsa.

Makes 4 - 6 servings

You can substitute Stew Fried Tofu with Medium Firm, Fried Traingles, or Savoury.

SUPERIOR



TOFU

TOFU TIP

Extra Firm and Pressed tofu is already quite dense, but if you want a dryer tofu, you can press more water out. Line a plate with a kitchen towel, add tofu, top with another plate and place something heavy on top. For more tofu tips and recipes, visit us at

<http://superiortofu.com/sections/recipes>.