

Popeye's Tofu-Baked or AF

12 oz tofu serves 2 so *DOUBLE* for a family of 4

12 oz	extra firm	3/4	tsp	cayenne pepper
	tofu			
1	cup			Dip**
	all purpose flour			vinegar (distilled)
1	Tbs			pepper hot sauce
2	tsp	1/2	cup	non-dairy milk
2	tsp			salt
2	tsp	1	tsp	garlic powder prepared mustard
2	tsp			2nd Coat
	baking powder	1/2	cup	corn flakes, crushed



Procedure

- 1 Drain tofu and cut into strips (12 oz makes approximately 12 strips).
- 2 Mix flour and dry spices for the coating.
- 3 Step1: Dip: take a plate/container and pour some hot sauce on it and then some vinegar to create a 50/50 mix. Put some coating flour on a second plate. Take tofu slice and dip in sauce/vinegar, flip to coat both sides. Place dunked tofu on the coating flour and spoon flour on top and press into the flour and flour sides.
- 4 If baking in the oven single coat, proceed to step 3. If cooking in the AF single coat, go to that method. If double coating, then place coated tofu on a floured board/container. If you place the tofu on something without flour, as the tofu warms the coating becomes sticky and will stick to whatever you put it on as you coat the other pieces!
- 5 Step 2 (a): If you want to double coat the tofu, then continue. Otherwise proceed to step 3.
- 6 Step 2(b): Take 1/2 c non-dairy milk and add 1T vinegar to create "buttermilk". Add the mustard and mix. Pour some non-dairy buttermilk on a plate.

- 7 Step 2(c): Take a breaded tofu strip and dunk in “buttermilk” to wet both sides.
- 8 Step 2 (d): Crush cornflakes and then add some coating flour to the cornflakes. Place cornflake coating on a plate. Place moistened tofu on the plate of cornflake flour and coat a second time. (w/o the coating flour, the cornflakes are too bland).
- 9 Step 3: Spread Crisco on pan to “fry” tofu (or more time consuming you can spray all sides of the tofu well and place on pan; spray oil will not spread during cooking so you must ensure flour is coated). Do NOT use cookie sheets or they will prevent crisping; use darker colored pans.
- 10 Bake for 15-20 minutes until desired crispiness depending on thicknesses of slices. Flip them 5 minutes before the end of the cooking time for best results.
- 11 **Air Fryer Method:**
- 12 Follow above until step 3. For AF, coat AF basket with spray oil or wipe with crisco. Place tofu on basket so they DO NOT touch each other. Set AF for 16 minutes.
- 13 Cook for 7 minutes then WITH A SPATULA, gently slip spatula under tofu to flip ensuring breading stays on tofu. If you try to turn with a fork, the breading may peel from the tofu. Put AF back on and check after 7 minutes to see if done to desired crisp level.

Servings: 3

Yield: 4 oz per serving

Oven Temperature: 400°F

Images



3 One Healthy Recipe