

Creative Cooking

DR. HELEN STODDART DDCC000029

SEASON 3 EPISODE 5 TOFU ROCKS!



TOFU FRIED CHICK'UN

INGREDIENTS

- 1 package of extra firm tofu
- ¼ cup amino acids
- ¼ cup water
- 2 Tbsp nutritional yeast flakes
- 1 Tbsp dried basil
- 1 Tbsp onion powder
- 1 Tbsp garlic powder
- 1 Tbsp smoked paprika
- 1 tsp black seed pepper
- 1 Tbsp tarragon, dried

INSTRUCTIONS

Drain the water out of the package of tofu. Wrap the block of tofu in paper towels and squeeze out the excess moisture. Allow to sit wrapped for 15-30 minutes to dry the tofu.

Press tofu between two plates to drain, placing heavy object on top plate to assist in pressing out moisture. After draining, tear tofu into rough chunks.

Place amino acids and water in a shallow container to dredge tofu pieces.

Mix nutritional yeast flakes, dried basil, onion powder, garlic powder, smoked paprika, black seed pepper, and tarragon in a mixing bowl.

Dip each piece in liquid amino/water mix, and dredge in the dry seasoning mixture.

Place in the air fryer and set at 370° F for 15 minutes, turning halfway through until golden brown.

TOFU PICCATA

INGREDIENTS

- 1 tofu block, drained
- ½ cup gluten-free all-purpose flour for dredging
- ½ tsp dried basil
- 1 tsp tarragon
- 1 Tbsp nutritional yeast flakes
- 2 tsp vegan chicken seasoning
- ½ cup non-dairy milk

Piccata

- ½ cup Not Chick'n bouillon cube
- 1 cup water
- juice of 1 lemon
- 1 Tbsp nutritional yeast flakes
- ¼ cup capers, rinsed
- ¼ cup fresh parsley, chopped

INSTRUCTIONS

Wrap tofu in a paper towel to dry.

Slice tofu lengthwise to make 4 slices.

Season flour with basil, tarragon, nutritional yeast, and vegan chicken seasoning.

Dredge tofu slices in milk, then flour mixture, then back into milk, and back into the flour. Repeat for each piece. Cook in air-fryer at 370° F for 15 minutes until golden brown.

Meanwhile, make piccata. Heat bouillon, water, lemon juice, nutritional yeast flakes, and capers in a large skillet, and bring to a boil. Add tofu into the pan and simmer for about 5 minutes.

Remove from the pan and place on a serving platter.

Pour sauce over tofu and garnish with fresh parsley.

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TOFU SALAD WITH BURMESE SAUCE

INGREDIENTS

Tofu

- 1 block tofu, drained, patted dry, and sliced into 10 ¼" slices, then in half
- 1 Tbsp each water and amino acids
- 1 Napa cabbage, chopped
- 2 carrots, shredded
- 3 spring onions, finely chopped

Sauce

- 4 cloves garlic
- 2 inches of fresh ginger, peeled
- 2 Tbsp amino acids
- 4 Tbsp water
- 2 Tbsp apple cider vinegar
- 2 Tbsp maple syrup
- ½ tsp chili flakes

Topping

- 4 Tbsp almond, chopped

INSTRUCTIONS

Lightly coat tofu pieces in a mixture of water and amino acids, place them on the air fryer rack and cook at 370° F 10-12 minutes (lightly browned). Remove.

In a bowl, toss tofu with cabbage, carrots, and scallions.

Add garlic, ginger, amino acids, water, apple cider vinegar, and maple syrup in a blender.

Put in a high-speed blender and blend well.

Add chili flakes.

Mix well into salad.

Top with chopped almonds.