

Sweet & Sour Tofu

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour 15 minutes

Swick

Chef's Notes

*This recipe uses whole food sweeteners. While we've used apricot paste, you could also use pineapple or mango paste.

[Click here for the Fruit Paste recipe.](#)

The finished tofu can be put in wraps, rice bowls, or cubed for other stir-fries.

Baking the Tofu

To bake the tofu, preheat the oven to 375°F (190°C).

Slice each block of tofu, width-wise, into 6 slabs. You should have 12 pieces total. Gently toss the tofu with the tamari (and other flavorings, if using).

Spray a baking tray with non-stick spray and place the tofu onto tray. Bake for 15 to 20 minutes on each side.

The tofu is done when it's golden and slightly firm. Remove and allow to rest while you prepare the glaze.

*NOTE: For a stronger flavor for the tofu, alternatively you can marinate the tofu in the glaze mixture and continue to bake in the marinade. Use the remaining liquid to reduce as the glaze.

Step 1: Baking the Tofu

- 2 blocks extra firm tofu, pressed
- 5 tbsp tamari
- 1 tsp garlic granules (optional)
- 1/2 tsp liquid smoke (optional)
- non-stick spray

Step 2: Making the Glaze

- 2 cups pineapple juice
- 1 cup sake
- 1/4 cup rice vinegar
- 1/4 cup Apricot Paste*
- 3 tbsp honey or agave
- 3 cloves garlic, finely minced
- 1 tbsp ginger, finely minced
- 1/2 tsp chile pepper, minced
- 2 tbsp arrowroot
- 1/4 cup water

To make the glaze, using a small pot, whisk together the pineapple juice, sake, vinegar, apricot, honey, garlic, ginger and chile.

Bring to a simmer over medium–high heat. Then, reduce the heat to medium and let gently simmer for approximately 25 minutes, or until reduced by about a third.

Meanwhile, mix together the arrowroot and water to create a slurry.

Once the glaze is ready, slowly pour in the slurry until you reach a glaze–like consistency. The glaze should nicely coat the back of a spoon. Allow to simmer for another minute or so to cook out the starch flavor. Remove from the heat.

Step 3: Frying the Tofu

- 1/2 cup green onions, finely sliced

Heat a non–stick pan over medium–high heat. Once hot, place the tofu into the pan, making sure there is enough space between the pieces. If needed, cook in 2 batches. Sear the tofu on both sides.

Ladle glaze over each piece, making sure they are generously covered. Flip and repeat with more glaze.

Remove from the heat and sprinkle the tofu with sliced green onions.

If desired, serve with Soba Noodle Salad.