

BRYANNA'S BREAST OF TOFU (Known in our house as "B of T")

Servings: 8

Yield: 32/ 3-inch x 2-inch slices

This recipe has appeared in all of my books. It's a staple in our house-- I always have some extra-firm tofu slices marinating in the following mixture. They will keep refrigerated in the marinade for up to two weeks, ready for a quick and delicious meal. They can be pan-fried plain on a nonstick skillet, or coated with Seasoned Flour and shallow-fried to make a crispy "skin" that is delectable hot or cold. Serve them plain, in salads and sandwiches, or with any sauce that you would have used on chicken. Instead of slices, you can marinate chunks, for using in kebabs, etc.

1 1/2 lbs. firm, extra-firm or pressed tofu (*NOT silken tofu!*)

MARINADE:

1 1/2 cups water

1/4 cup soy sauce or tamari

3 Tbs nutritional yeast flakes

2 tsp dried crumbled sage (*not powdered*)

1/2 tsp dried rosemary

1/2 tsp dried thyme leaves (*not powdered*)

1/2 tsp onion powder

Seasoned Flour for dredging (*see below*)

OPTIONAL: olive oil

Prepare the marinade by mixing all of the ingredients together in a 5 c. rigid plastic container with a tight lid. Slice the tofu about 1/4" thick and place in the marinade so that it is fairly tightly-packed and covered with liquid. Cover and refrigerate for up to two weeks, shaking daily.

To pan-fry plain, low-fat:

Simply cook the tofu slices over medium heat in a good-quality nonstick skillet until golden brown on both sides.

To Crispy Oven-Fry: (This is the method in my "Almost No-Fat Cookbook"):

Coat the tofu slices in Seasoned Flour (below). Lay the slices in single layers on oiled DARK baking sheets (they brown better on dark baking sheets), not touching. Bake in a preheated oven at 400 degrees F for about 15 minutes, or til the bottoms are golden. Turn the slices over and bake about 15 minutes more, or until the other side is golden. Cool on racks if not eating immediately.

To make Crispy Slices, (my favorite way):

Coat the slices with Seasoned Flour (below). Heat about 1 T. of olive oil or neutral cooking oil in a heavy bottomed 10" skillet over medium heat (no hotter). When the oil is good and hot, add the slices and cook (watching carefully) until golden brown and crispy on the bottom. Turn the slices over and cook the other side until golden and crispy. The medium heat works really well when frying things crispy in less oil than usual.

Nutrition Facts

Nutrition (per 4 Crispy Slices): 159.4 calories; 64% calories from fat; 12.0g total fat; 0.0mg cholesterol; 291.5mg sodium; 204.9mg potassium; 5.2g carbohydrates; 1.6g fiber; 0.6g sugar; 3.6g net carbs; 10.8g protein.

BRYANNA'S SEASONED FLOUR

Keep some of this in a tightly-covered container-- you'll find many uses for it.

Mix together:

2 c. whole wheat, or other whole grain, flour,

1/4 c. nutritional yeast flakes,

1 tsp. salt

1 tsp. onion or garlic powder (or a combination), optional
freshly-ground black pepper to taste.

Optional: some Cajun Seasoning or Old Bay Seasoning