

Cajun Style Tofu Steaks(makes 3)

cost: ~\$20

prep time: 12 hrs

cook time: 45 minutes

Ingredients:

- 1 brick extra firm tofu
- 4 garlic cloves minced
- 4 sprigs chopped fresh parsley
- 2 tablespoons chili powder
- 1 tablespoon cayenne
- 1 tablespoon paprika
- 1 lime sliced
- salt/pepper to taste
- olive oil

Method:

First things first, preparing the tofu so its texture is on the fuck point. Drain the brick, pull it out, stand it vertically and chop into three separate steak(about a half in thick each). Salt both sides generously and freeze over night.

In the morning, pull them steaks out and place in a 200 degree oven to thaw while making the dry rub. After they thaw, crank it up to 375-400.

Combine the paprika, cayenne, chili, salt, pepper, and garlic in a small bowl. Once the steaks have thawed, give each side a good rubbin with the spice mix(make as much of that mix as you need, this is just how much I used. It worked p well). Place on an oven friendly surface(oil it if its needed) then top each steak with 2-3 lime slices and freshly chopped parsley. Drizzle with olive oil. Pop it in the oven(again, 375-400 degrees) for about 25 to thirty minutes. The edges of the tofu should be a dark red/brown, and the limes will have shriveled up from the heat. I generally prefer my tofu to be a little crisper, if that's not the case for you, adjust the cook time, not temperature.