

The Picky Pantry – Episode #5

Hey there! I miss cooking for you all at the Family Place.

Join my son, Ty, and I for a cooking adventure from our house.

This week we will make **Easy Marinated Tofu**

- 1 block tofu, medium or firm
- ½ cup Braggs Liquid amino acid (or soya sauce)
- Coconut oil for frying tofu

- Rice or grains
- 2 cups broth or water
- Broccoli or greens to accompany the grains and tofu

Cut the tofu up into ½ inch blocks, put it into a large casserole dish.

Pour the Braggs or soy over the tofu

Let it marinate for 20 minutes or longer.

Heat the coconut oil on a frying pan. Working in batches, fry the tofu, searing on each side until golden

Brown and crispy. Take extra care while frying with the kids around as the oil really spits and splashes.

Serves 4 (or more)

Really nice with rice or other grains and some vegetable for dinner