

TOFU MARINADES

Using tofu can be intimidating at first, but there are many ways to cook it well and make it taste great so that you can add more plant based goodness to your plate!

Ginger-Sesame

- 1/4 cup soy sauce
- 1/4 cup rice vinegar
- 2 tbsp lime juice
- 2 tbsp brown sugar
- 1 tbsp minced fresh ginger
- 2 tbsp Sriracha or similar hot sauce
- 2 cloves thinly sliced garlic

Smoky Maple

- 1/4 cup soy sauce
- 1/4 cup vegetable broth
- 1 tbsp maple syrup
- 1 tbsp liquid smoke
- 1 tbsp lemon juice
- 1 tbsp tomato paste
- 1 tbsp olive oil
- 2 cloves thinly sliced garlic


Sweet Citrus

- 1/2 cup orange juice
- 1/4 cup soy sauce
- 1 tbsp brown sugar
- 1 tbsp minced fresh ginger
- 2 tbsp Sriracha or similar hot sauce
- 2 cloves thinly sliced garlic

Rosemary-Garlic

- 1/4 cup soy sauce
- 2 tbsp olive oil
- 2tbsp Worcestershire sauce
- 2 tsp maple syrup
- 2 tbsp minced rosemary
- 2 cloves minced garlic
- 2 tsp black pepper

Cut one block of tofu into cubes. Mix all marinade ingredients together in a container with a lid and add tofu cubes. Replace lid and shake to cover tofu with marinade. Let sit in fridge for 1-6 hours before cooking.



Recipe sources:
Thug Kitchen Cookbook

<https://www.mydarlingvegan.com/tofu-steaks/>