



RECIPES

Spicy Sesame Tofu

1 lb. organic, extra firm tofu, cut into lengthwise strips of ½ inch thickness
1 oz. sesame seeds, light or dark
1 Tbsp. dried chives

Sauce:

2 tsp. Toasted sesame oil
1 ½ tsp. Stone ground mustard powder
2 Tbsp. Rice wine vinegar
½ tsp. Real salt
¼ cup raw Honey
1/3 cup organic Tamari
2 tsp. Red wine vinegar
2 Tbsp. pressed Elephant garlic
1 tsp. Ginger powder or 2 Tbsp. grated fresh ginger
Dash-¼ tsp. low heat Cayenne (red pepper)
½ tsp. organic corn starch

Place all ingredients in a small mixing bowl and blend well. In a covered dish, marinate tofu strips in sauce overnight.

Preheat oven to 400 degrees. Remove strips from marinade and roll in scant mixture of sesame seeds and dried chives. Reserve remaining sauce mixture. Place strips in a single layer inside baking dish and cook for 35-40 minutes, turning once at half time, until strips are golden brown.

While baking tofu, place remaining sauce into small sauce pan and heat over med high heat till boiling and boil for one minute until sauce thickens. Pour sauce over baked tofu or pour into bowl for dipping. Serve hot or cold.