

Marinated and grilled tofu, homemade Teriyaki sauce, green onion whistles |

Recipe for 12 tapas

Description

Grilled tofu marinated in an Asian flavored sauce

Note

Ideally, slices of tofu should be 1 cm thick, which will help when cooking on the BBQ, as they will be more solid.

Be careful with the soybeans used, some are saltier than others

Ingredients

Tofu

- 900 Gr Tofu firm

Marinade (Teriyaki sauce)

- 500 Ml Water
- 10 Tbsp Brown sugar
- 130 Ml Light soy sauce
- 4 Tbsp Honey
- 1 Tsp Fresh ginger
- 4 Tsp Cornstarch
- 2 Clove(s) Chopped garlic

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- 4 Unit(s) Green onion

Preparation

- Preparation time **20 mins**
- Preheat your **BBQ** at **500 F°**

Mise en place

Finely chop the garlic and ginger.

Slant chop the green onion (whistle).

Cut the tofu into strips (count about 6 slices in lb).

Marinade + Sauce

Marinade

Make the marinade in a saucepan by mixing the brown sugar with the water (500 ml), soy sauce and honey. Bring everything to a boil, then remove from heat and add the chopped ginger and garlic.

Add your tofu slices to the marinade and leave them for at least 30 minutes before grilling them.

Marinade (Teriyaki sauce)

Take out the tofu slices, take care to keep the marinade that we will transform into Teraki sauce. Pour the marinade in a saucepan, bring it to a boil, meanwhile in a bowl mix the cornstarch with 100 ml of water, gently pour this mixture into your marinade, while mixing with a whisk (ideally). Your sauce will become slick and you'll be able to see it by dipping a tablespoon. Make sure you have a good seasoning of pepper, be careful, the salt is already present in the soy sauce.

Cooked Tofu

Place the marinated tofu slices on the hot grill. Make sure to mark them well, 1 minute on each side should be enough depending on the thickness of your cut.

Assembly and finishing

Place a nice slice of grilled tofu in the dish of your choice. Generously coat the slice with Teriyaki sauce using a brush or a spoon. To finish, place the green onion whistles on top here and there.

Bon appétit!