

Fırında Tofu

Crispy baked tofu recipe with perfect golden exterior and tender inside. Easy vegan protein that's versatile, healthy, and delicious.

5	30	35	4	Easy
HAZIRLIK DK	PİRME DK	TOPLAM DK	PORSİYON	ZORLUK

Fırında Tofu

Malzemeler

- 400 g tofu
- 2 tbsp corn starch
- 1 tbsp soy sauce
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp paprika

Yapılışı

- Prepare the tofu**

Preheat oven to 200°C (392°F). Drain 400g tofu and place between clean kitchen towels on a cutting board.
- Place a heavy plate on top of the towel-wrapped tofu and press for 15 minutes to remove excess moisture.
- Cut pressed tofu into 2cm cubes and place in a large mixing bowl.
- Season and coat**

Drizzle tofu with 2 tablespoons olive oil and 1 tablespoon soy sauce. Toss gently to coat all pieces evenly.
- Combine 1 teaspoon cornstarch, 1 teaspoon onion powder, 1 teaspoon garlic powder, 1 teaspoon paprika, and 1 teaspoon black pepper in a separate bowl. Mix thoroughly.
- Sprinkle spice mixture over tofu and toss until each piece is completely coated with the seasoning.
- Bake**

Line a baking sheet with parchment paper. Arrange tofu cubes in a single layer with space between each piece.
- Bake for 15 minutes until the bottom sides are golden brown and starting to crisp.
- Flip each piece using a spatula and bake for an additional 15 minutes until golden brown and crispy on all sides.
- Remove from oven and let rest for 2 minutes to allow the exterior to set and become extra crispy before serving.

?puçlar?

Always use extra-firm tofu and press it for at least 15 minutes under heavy objects to remove excess moisture, ensuring maximum crispiness.

Cut tofu into uniform cubes so all pieces cook evenly - aim for 2cm pieces for best results.

Don't skip the cornstarch coating as it creates the signature crispy exterior that makes this dish irresistible.

Avoid overcrowding the baking sheet, which causes steaming instead of proper browning - use two sheets if necessary.

Flip the tofu pieces halfway through baking to ensure even browning on all sides.

Let the tofu rest for 2-3 minutes after removing from the oven to allow the exterior to set and become extra crispy.

Store leftover baked tofu without sauces to maintain crispiness - add dressings just before serving.

Reheat leftover tofu in the oven rather than microwave to restore the crispy texture.