



Webinar Series Recipes

Chashu Tofu

1 block of firm or extra firm tofu

For Marinade

- 5 tablespoons soy sauce
- 2 tablespoons mirin
- 1 tablespoon honey or maple syrup
- 1 ½ tablespoons unseasoned rice vinegar
- 2 teaspoons avocado oil
- 1 tablespoon minced garlic
- 1 teaspoon minced ginger

For Glaze

- 4 tablespoons soy sauce
- 1 tablespoon honey or maple syrup
- 2 teaspoons avocado oil
- 1/4 teaspoon liquid smoke

1. Press dry your tofu, wrap it in paper towels, then weigh it down with a heavy cast iron pan for 10-15 minutes.
2. Cut tofu into ½ inch slices. Place in a shallow bowl and pour marinade over the top, ensuring everything is submerged. You can add more soy sauce to ensure everything is covered in marinade. Marinate for at least one hour and up to 24 hours.
3. Preheat your oven to 375 degrees and line a baking sheet with parchment or foil. Lay the tofu slices in a single layer on your prepared pan and bake for 15 minutes. Flip and bake for another 15 minutes. Remove from the oven and cool for at least 4 hours, preferably overnight.

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4. When you are ready to use your chashu, preheat your broiler, line a baking sheet with foil, and coat well with oil.
5. Place the tofu slices on the prepared baking sheet and drizzle half the glaze over the top. Place the pan under the broiler and cook for 4-5 minutes or until golden brown. Watch carefully since everyone's broilers are different. It might take a shorter or longer amount of time.
6. Flip the tofu over, pour the remaining glaze over the top and bake until golden brown.
7. Serve with rice or over your favorite ramen.

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