



# Crispy Tofu

**Recipe HACCP Process:** #2 Same Day Service

**Serving Size:** 4.4 oz

**Yield:** 100

**Source:** JSI Back to Basics: Asian Fusion Recipe (adapted from: delishknowledge.com)

## Ingredients:

| Ingredient Name           | Measurements    |
|---------------------------|-----------------|
| Tofu, raw, extra firm     | 29 lbs + 3 oz   |
| Oil, olive                | 2 cups + 1 Tbsp |
| Soy sauce, reduced sodium | 2 cups + 1 Tbsp |
| Cornstarch                | 2 cups + 1 Tbsp |

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

*\*Note: If using a combi oven set to 400°F with 10% - 30% steam, but you should test on your school's equipment for best results*

*\*Note: For best results drain tofu the day before preparing and cooking.*

## Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Wrap the tofu in a kitchen towel or paper towels and place a heavy object on top (like a sheet pan with a number 10 can on top). Let the tofu drain for at least 15 minutes, but preferably the day before.
3. Unwrap the tofu and portion into 1 – 2-inch cubes or desired size, then place in a large mixing bowl. In a separate bowl whisk the oil, soy sauce, and cornstarch together and pour over the tofu and mix until it is evenly coated.
4. Place on the baking sheet and bake for 15-20 minutes, flipping half-way through, until golden brown and crispy.
5. Hold for hot service at 135°F or higher.

**Nutritional Analysis:**

| <b>Nutrients</b>   | <b>Nutrients Per Serving</b> |
|--------------------|------------------------------|
| Calories           | 243.63 kcal                  |
| Total Fat          | 16.04 g                      |
| Saturated Fat      | 2.29 g                       |
| Trans Fat          | 0.00 g                       |
| Cholesterol        | 0.00 mg                      |
| Sodium             | 361.75 mg                    |
| Total Carbohydrate | 6.62 g                       |
| Dietary Fiber      | 3.07 g                       |
| Total Sugars       | 0.00 g                       |
| Protein            | 23.17 g                      |

**Meal Component Information:**

| <b>Meal Components</b> | <b>Amount</b>   |
|------------------------|-----------------|
| Meat/Meat Alternate    | 2 oz equivalent |