



Crispy Tofu

Recipe HACCP Process: #2 Same Day Service

Serving Size: 4.4 oz

Yield: 200

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

Ingredients:

Ingredient Name	Measurements
Tofu, raw, extra firm	58 lb + 6 oz
Oil, olive	1 qt + 1/8 cup
Soy sauce, reduced sodium	1 qt + 1/8 cup
Cornstarch	1 qt + 1/8 cup

**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:

Nutrients	Nutrients Per Serving
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:

Meal Components	Amount
Meat/Meat Alternate	2 oz equivalent