

Pan-Seared Tofu Teriyaki

4 servings

Two 12- to 14-ounce packages extra firm organic tofu, drained
1 tablespoon canola oil
3/4 cup Terrific Teriyaki Glaze (recipe below) or your favorite store-bought)

Set a rack in the middle of the oven and preheat the oven to 400°F.

Slice the tofu blocks in half horizontally to make them half as thick, then vertically, to make 4 equal-size rectangular tofu steaks from each package, for a total of 8. Place the tofu in a single layer on several layers of paper towels on either a plate or cutting board. Cover with more paper towels, place a plate or another cutting board on top, and rest a weight, such as a small skillet, on top of that. This will press the excess liquid from the tofu. Let the steaks drain for at least 10 minutes.

In a large nonstick skillet over medium-high heat, heat the oil until shimmering. Pat the tofu steaks dry and place them in the pan. Cook undisturbed until golden, 4 to 5 minutes. Flip and cook until golden brown on the other side, 4 to 5 minutes more. Remove the pan from the heat.

In a casserole or baking pan large enough to hold the tofu in a single layer, spread just enough teriyaki glaze to lightly coat the bottom (2 to 3 tablespoons). Lay the tofu steaks on top and spoon on the remaining teriyaki glaze, coating them completely. Bake until browned and bubbly, 15 to 20 minutes. Serve hot.

terrific teriyaki glaze

makes 3/4 cup

1 teaspoon sesame seeds (optional)

1 teaspoon cornstarch

1/2 cup low-sodium soy sauce

2 tablespoons mirin

2 tablespoons dark brown sugar

1 teaspoon minced garlic

1 teaspoon finely grated fresh ginger

1 teaspoon sesame oil

If using sesame seeds, cook them in a small dry skillet over medium heat, shaking the pan occasionally, until they begin to darken and give off a toasty aroma, 2 to 3 minutes. Transfer the seeds to a small plate and set aside.

In a small mixing bowl, mix the cornstarch with 2 teaspoons of warm water. Set aside.

In a small saucepan, combine the soy sauce, mirin, brown sugar, garlic, ginger, and 1/3 cup of water.

Place over medium-high heat and stir occasionally until the sauce comes to a low boil. Reduce the heat to medium and add the dissolved cornstarch. Continue stirring until the sauce thickens, about 5 minutes. Remove from the heat and add the sesame oil and the sesame seeds, if desired.

Use with your favorite teriyaki recipe. Store in the refrigerator for up to 1 week or freeze for up to 1 month.