

# KENTUCKY FRIED TOFU

## WITH POTATO WEDGES & HOMEMADE BBQ

Is your household new to tofu or looking for fun ways to use this protein-packed, super affordable, vegetarian ingredient? Our spin on fried chicken is a great way to introduce this tofu in a delicious way. Breaded with flour and cornflakes, this dish has a great crunch and the homemade BBQ will take your dinner to the next level!



### Ingredients

- 14 oz tofu
- 1.5 c flour
- 1 lb potatoes
- 1 can corn
- 1 - 15 oz can tomato sauce
- 2 oz mustard
- 1 onion
- 4 cloves garlic
- 1 c corn flakes

From your pantry

- 1/2 c vinegar (any type)
- 1/3 cup sweetener (sugar, honey, etc.)
- 2 tbsp Worcestershire sauce
- 2-3 tbsp Hungarian spice (optional)
- olive oil
- salt and pepper

### Equipment:

- Baking sheet
- Small pot
- Deep sauté pan or pot

**PREPARATION: 30 MIN**

**COOKING: 30 MIN**

**READY IN: 60 MIN**

**MAKES 6 SERVINGS**

### Directions

*Read through entire recipe before getting started.  
Wash and dry all produce. **Preheat oven to 400 °F***

1. Slice tofu in half like a book. Place a few paper towels or napkins underneath and on top of the tofu. Then add the other piece of tofu on top. Place a heavy skillet or cutting board on top. Allow at least 10 min to drain. Small dice **onion**. Mince or grate **garlic**. Cut **potatoes** into wedges.
2. Prepare BBQ sauce: Heat 1 tbsp oil in a medium sauce pan over med-high heat. Add **onion** and cook 3-4 min until translucent. Add **garlic** and cook 1-2 min. Add **tomato sauce, mustard, vinegar, sweetener, and Worcestershire sauce**. Season with salt and pepper. Whisk to incorporate. Simmer uncovered for 10-12 min until sauce thickens. Remove from heat and allow to cool.
3. Prepare potatoes: Place **potatoes** on a baking sheet and drizzle with olive oil, salt, and pepper. Toss to coat. Bake in preheated oven for 20-25 min until soft and golden brown on one side. Remove potatoes with spatula.
4. Prepare Tofu: Add **corn flakes** in a bowl and crush into small crumbs using the bottom of a glass or hands. Add **1 cup flour, spices** to taste. In another bowl mix **2 tbsp flour** with **1/2 cup water**, to make a thick liquid.
5. Remove **tofu** from pile and cut into 1/2" strips. Pat until surface is very dry. Heat **1-2 cups oil** in a deep pan until very hot (about 350 degrees). While the oil heats, dip tofu in flour mixture, transfer to cornflake mixture, and pat until completely covered. Repeat with remaining strips. Fry tofu 4-6 min per side until golden brown and crispy. Remove from oil and drain on a paper towel or napkin.
6. Remove **corn** from can and heat in a small pot or microwaveable bowl with a little oil or butter and salt and pepper. Serve Kentucky Fried Tofu with corn, roasted potato wedges, and BBQ sauce to dip! Enjoy!

# Tips, Tricks, and Terms

## Watermelon Radishes

How beautiful are fresh watermelon radishes for when you just can't let go of summer? While these radishes don't taste like watermelon they do sport the classic bright green exterior with a hot pink center. They are in season over the winter, making them a great fresh veggie to switch things up after our summer growing season. They have a peppery and slightly sweet flavor that's great for our quick pickle method and an awesome side dish!



## QUICK PICKLING TIP

Quick pickling, or refrigerator pickling, is a great way to preserve vegetables and put a fun twist on your favorites! Simply mix up a quick vinegar mix, add your favorite spices, pour over the vegetables, and store in the refrigerator for up to 1 month.

**Scrub** watermelon radishes well and **slice** thinly. **Place** in container with 2 garlic cloves and a sprig of fresh herb (dill or thyme). **Boil** 1 c vinegar, 1 c water, 1 tbsp salt, 1 tbsp sugar and pour over vegetables. **Cool** to room temp and store in fridge.



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R&R pink oyster mushrooms

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