

Korean-Inspired Marinated Tofu (or Eggs)

Serves 3

Common allergens: soy, sesame; may contain wheat; egg version contains eggs

Adapted from [Seonkyoung Longest](#)



VEGETARIAN



DAIRY FREE



Ingredients

- 1 package extra firm tofu
- ½ cup reduced sodium tamari or soy sauce (reduce if not using reduced sodium)
- 3 cloves garlic, minced
- 3 to 4 green onions, chopped
- 1 green chili, chopped (optional)
- 1 red chili, chopped (optional)
- 1 tablespoon sesame seeds
- Sesame oil for drizzling

Directions

1. Drain the tofu and press to remove excess liquid.
2. Cut tofu into ½ inch cubes.
3. Combine remaining ingredients except sesame oil and add ½ cup water. Pour over tofu.
4. Let marinate for at least 6 hours or overnight. It will last in the refrigerator for 3- 4 days. Drizzle with sesame oil upon serving.

Notes

- To make wheat/gluten-free, use wheat/gluten-free soy sauce or tamari.
- Serving Suggestions: Serve with rice and veggies such as sauteed spinach. Drizzle with sesame oil if you'd like.
- Baked Version:
 - Follow steps above. Preheat oven to 400°F.
 - Grease a baking sheet or line with parchment paper or a silicone baking mat. Place tofu on the pan with plenty of space between each piece.
 - Bake for 30-40 minutes or until crisp on the outside.
- Egg Version:
 - Bring plenty of water to a boil in a saucepan. Carefully lower eggs into water and reduce to a simmer. Cook about 8 minutes for medium boiled eggs. Drain and place eggs in ice bath.
 - Once cool, peel the eggs and start at step 2 above.

Recipe from [Flavors Around the World, Fall 2020](#)