

Roasted Chili tofu Crust

Ingredients

4oz soft tofu, drained
1 lime zested and juiced
.5 red pepper, roasted
1 jalapeno, roasted
2 garlic cloves, minced
2oz shredded parmesan
S&P TT

Directions

1. Roast the chilies over an open flame or on a grill until charred, remove to bowl and cover till cool, then peel, seed and rough chop.
2. Measure out the tofu and parmesan; add the remaining ingredients.
3. Puree with an immersion blender.
4. Salt and pepper to your taste.

Tofu Chili Crusted Steak

Ingredients

1-8oz Sirloin steak
2oz tofu crust
2 sprigs fresh thyme
1T grape seed oil
1T butter
S&P TT

Directions

1. Heat a sauté pan over medium high heat and add grape seed oil.
2. Season the steak with salt and pepper.
3. Sear the steak on both sides, add the butter and thyme and baste with butter.
4. Top the steak with the tofu crust and put in a 450 degree oven until steak has reached desired temperature.
5. To get a better crust, Brule the top of the tofu

Citrus Bacon Tofu Sauté

Ingredients

2 slices of bacon, chopped
2oz firm tofu, drained and cubed
1 ear of corn, removed from ear
¼ red onion, sliced
2 baby Bella mushrooms, sliced
½ lime, juiced
S&P to taste

Directions

1. Prepare ingredients as described above and set aside separated
2. Heat a sauté pan over medium-high heat add the bacon render the fat out then remove.
3. Next add your mushrooms fry until golden.
4. Add the tofu, red onion, corn, and reserved bacon to the pan to sauté.
5. When everything is heated through finish with lime juice and salt and pepper to serve.