

BBQ-Style Tofu (Stovetop Version)

The sauce for this can be made while browning the tofu or made beforehand and stored in the refrigerator. If made ahead of time, bring it to room temperature before using and stir to recombine if ingredients have separated.

3/4 lb organic tofu

minced yellow onion (optional)

olive oil or other light vegetable oil for pan

For the BBQ Sauce (about 1 cup):

1/3 cup organic ketchup

3-4 tablespoons organic dark or blackstrap molasses

1 large (3 small) garlic cloves, crushed/minced

1-2 tablespoons minced onion

2 tablespoons olive oil

2 teaspoons (or to taste) prepared stone-ground mustard

1 "krimson spice" or other small fresh hot pepper, about 1", seeded and chopped

(or substitute cayenne or pepper flakes to taste)

1/4-1/2 cup water

Cube tofu, then brown on all sides in cast iron skillet or other heavy pan on medium-high heat. Add the minced onion if desired. Make sure the pan is hot (not smoking)

before adding tofu, so skin is "seared"; if too cold, the skin sticks to the surface of the pan.

Prepare sauce by combining all ingredients, adding water last to bring the total to 1 full cup; emulsify after each addition until sauce is opaque and thoroughly blended. Adjust seasonings to taste.

When tofu is golden brown on all sides (and onion translucent), pour 1/2 cup of the sauce over the tofu. Store remainder in the refrigerator for use another time. Turn heat down slightly to medium (or just below); toss with spatula to coat thoroughly. Turn as necessary. When most of sauce has been absorbed and thickened (tofu may be somewhat blackened at the edges), turn down very low and cover for a few minutes to let tofu continue absorbing flavors, or serve immediately.

Serves 2 people (2 servings each). -*Janice Janostak*-