



// Fried Tofu Cubes with Shoyu and Toasted Sesame Seeds //

Our Classic Recipe



Serves 2 to 4:

Note

Try this recipe with toasted sunflower seeds instead of sesame seeds.

Ingredients

200	g	Taifun Natural Tofu
3	tbsp	frying oil
5	tbsp	soya sauce (shoyu)
2	tbsp	sesame seeds

Preparation

Open the Tofu package, pat dry with paper towel and cut into 1 cm cubes. Heat a pan. Toast the sesame seeds in the pan without oil. Set aside. Fry the Tofu cubes in the frying oil in the still hot frying pan over medium heat until golden brown on all sides. Then add some soya sauce and continue cooking until the moisture in the pan evaporates. Finally, add the toasted sesame seeds. Enjoy without anything else, or e.g. with leaf lettuce, or use for vegetable, rice and pasta dishes.

There are many recipes for pan-fried vegetables. The cooking time is essential, because the vegetables should remain crunchy. Carrots need more time than courgettes, winter cabbages need more time than fresh sprouts - that is why we sauté the different vegetables one after another in the pan. Once the vegetables have cooked, add the pre-fried Tofu and vegetable stock.

