



Photo by Sean McIntyre

Natsuko Inaba of Vesuvius Store and Café with her pan-fried tofu dish.

pan-fried tofu with tomato sauce and mozzarella cheese

Submitted by Natsuko Inaba

Has plain old tofu got you down? Don't know what to do with all that leftover spaghetti sauce? This quick and easy recipe is perfect for people on a budget and in a hurry. Frying the tofu gives it a texture even the most die-hard meat-lover will enjoy. Because of tofu's high protein content, this dish is great for vegetarians or people wanting to spice up their meat-and-potatoes routine.

One block (425 grams) medium or firm tofu

250 ml flour

One Tbsp. vegetable oil

250 ml shredded mozzarella cheese

250 ml tomato sauce (leftovers are the best!)

Cut up one regular-sized block of tofu into four pieces. Steak-sized pieces should measure about 2.5 cm x 8 cm (1" x 3").

Drain water from tofu by pressing pieces between paper towels and leaving the tofu under a bowl or other weight for 20 minutes. Make sure the weight isn't too heavy or you'll be eating tofu pancakes. Pressing the tofu allows more flavour to soak in while cooking.

Coat all sides of the tofu pieces in flour.

Fry both sides of the tofu pieces in a vegetable-oil coated frying pan on medium heat until it gets brown and crispy.

Arrange on a plate, top with your favourite tomato sauce.

Garnish with mozzarella cheese.

Enjoy!