

Marinated Tofu (The Best Tofu Ever!)

Never eat bland or boring tofu again! This Marinated Tofu recipe easily transforms a regular brick of tofu into the most delicious protein with amazing flavors. Perfect for frying, baking, or air frying!

Prep Time	Cook Time	Total Time
1 hr 20 mins	10 mins	1 hr 30 mins

Course: Main Course, Side Dish Cuisine: Japanese Servings: 4 servings Calories: 161kcal

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Ingredients

- 14.5 ounce block extra-firm tofu
- 4 tablespoons low sodium soy sauce
- 3 tablespoons seasoned rice vinegar
- 1 tablespoon pure maple syrup
- 1 teaspoon toasted sesame oil
- 2 garlic cloves, minced
- 1 tablespoon fresh grated ginger OR 1/2 teaspoon dried ginger
- 2-3 tablespoons neutral oil, such as canola or avocado

Instructions

1. **Quick press the tofu:** Cut the tofu into cubes. Place them evenly on a flat surface such as a cutting board lined with paper towels or a clean towel. Cover with a layer of paper towels, set a baking sheet on top and then something heavy, like a large book or cast iron skillet. Press like this for 15 minutes while you make the marinade.
2. **Make the marinade:** In a small bowl, combine the soy sauce, rice vinegar, maple syrup, sesame oil, garlic and ginger.
3. **Marinate the tofu:** Place the pressed tofu pieces in a shallow dish. (In the photos above I doubled the recipe, so I used a 9 x 13 inch dish, but for one batch you will need a smaller dish, such as an 8 x 8 inch.) Pour the marinade over the tofu. Let it marinate for at least 1 hour, covered, in the refrigerator. If you want to leave it overnight, it will be even more flavorful.
4. **Cook the tofu:** In a large skillet, cast iron preferred, add a few tablespoons of a neutral oil, such as canola oil and heat over medium-high heat. You can omit the oil if needed, but you will need a very good non-stick pan so the tofu pieces don't stick. Remove the tofu pieces from the marinade and add to the pan. Do not discard the marinade sauce. Fry the tofu until golden brown on each side.
5. Once the tofu pieces are browned, pour any leftover marinade sauce into the pan with the tofu, and stir to coat. This makes the tofu even more flavorful! The tofu will quickly absorb the sauce. Remove from heat, and serve with rice and stir fried vegetables such as baby bok choy, mushrooms and carrots.

6. Store leftover tofu in a covered container in the refrigerator for 3-4 days. It's also good cold, as a high protein snack or in sandwiches and salads.

Notes

1. For gluten free, use tamari instead of soy sauce.
2. You can also bake the tofu if you prefer. Place the tofu pieces on a silicone mat or parchment paper on a baking sheet, and bake at 350 degrees for 20 minutes. Flip the pieces and bake for 20 more minutes. To add more flavor after baking, quickly saute in a pan with the leftover marinade sauce; you won't need to use any oil.
3. Instead of quick pressing, you could also press the whole block of tofu for at least an hour.
4. This recipe can easily be doubled or even tripled, and stored in the refrigerator for 3-4 days, if it lasts that long! I always double it as my family gobble it up fast.
5. Nutrition information is for 1/4 of the tofu only, using 2 tablespoons of canola oil for frying.

Nutrition

Serving: 1 serving | Calories: 161kcal | Carbohydrates: 8g | Protein: 9g | Fat: 10g | Saturated Fat: 1g | Sodium: 606mg | Potassium: 215mg | Fiber: 1g | Sugar: 4g | Vitamin C: 1mg | Calcium: 46mg | Iron: 2mg