

# K's Kitchen: Crispy tofu steaks

By Kathryn Reed

Protein is something everyone needs. As a vegetarian, there are times when I need to seek it out. This is because there are so many dishes I make that have little to no protein.

Tofu often gets a bad rap because it can be mushy and bland. It's like a lot of food – blame the cook, not the ingredient.

The following recipe could be an appetizer or a main course.

The chili oil is going to give it a kick. Depending on how spicy you like things, I would start out light, then add more until you get the right bang. If it gets too oily, lemon juice and/or balsamic vinegar will balance it.



**Crispy Tofu Steaks**

3 T ginger, minced

1 bunch scallions, minced

1 T white wine vinegar

2 T chili oil

1 T lemon juice

1 T balsamic vinegar

1/3 C canola oil

Salt

1 large egg

1 C Panko

14 ounces firm tofu

Mix ginger, scallions, white wine vinegar, chili oil, lemon juice, balsamic vinegar and salt.

In a bowl beat the egg.

Heat canola oil in nonstick pan over moderate heat.

Cut tofu into 1-inch thick slices. Dip in egg wash, then generously coat both sides with Panko. Turn once.

Serve with vinaigrette.