

# Pan Fried Tofu

*This is such a simple recipe for pan fried tofu. Once it is pan fried just dip the tofu in your favorite sauce or make a stir fry with it.*



Being raised in an Asian family I grew up eating a lot of tofu, all kind of shape, texture and flavors...you name it I am pretty sure I had it. Here is a very simple, way too simple of a recipe...

Okay...I must admit that this is one of another recipe that it should not be called a recipe...there is really nothing to

measure or weight...

You can use this tofu as it is, and eat by simply dipping into your favorite sauce or use in any stir-fry dish...it is delicious and adds an extra texture to it. Once you pan fry the tofu, it will not fall apart.

***Ingredients:***

- 1 block of firm tofu
- 1 tablespoon vegetable oil





**Method:**

Drain the tofu from its original container and rinse gently.

Cut the tofu into small squares.

Press dry the tofu by placing it in between paper towels.

In a frying pan add the vegetable oil under medium heat and gently place the tofu in the pan. Fry until golden brown and turn it until both sides are golden brown.

Serve warm by dipping into any of your favorite sauce or use in stir-fry dishes.

I made a quick sauce by using light soy sauce and a dash of Sriracha sauce.

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If you enjoy cooking with tofu, you might want to check on these simple and easy recipes...Chicken Corn and Tofu Soup or simply salad with Baked Tofu.

### Curiosity Corner

Did you know what tofu had been used in China for thousands of years and it is a product made by curdling soymilk? Tofu is high in protein, iron and calcium. Soy product contains phytoestrogen, which has similar structure to estrogen, female hormone, and mimics the action of estrogen produced by the body. Therefore women who have or have had estrogen –sensitive breast tumors should restrict their soy intake.

***Thank you for stopping by Color Your Recipes...have a colorful week!***