

Baked Nutritional Tofu

Number of students: 100

Tofu packages (4lbs each) 9

Preparation

Over a sink, use scissors to open tofu packages. You do not need to save the liquid. Drain and rinse the tofu blocks in a large colander. Bags are trash.

Cut each block lengthwise down the middle. Slice these two strips of tofu into ½ inch slices.

Layer tofu slices in square clear plastic storage bins, cover with lids, and store in the walk-in until tomorrow morning.

Dipping and cooking:

Preheat convection oven and one of the stove ovens to 500° at 9:45 AM.

1. Set a stack of 10 sheet pans on the prep table closest to the convection oven. Oil the top one with canola oil, spreading with the red silicone brush.
2. Get out 4 of the smallest stainless steel bowls. Put 2 cups of tamari in 2 of them and 2 cups of nutritional yeast in the other 2. Add more tamari and yeast to each container as needed, but only a little at a time as any leftover should be discarded.
3. With one hand, dip each piece of tofu in tamari, **then** with the other, in yeast, and put on the top oiled sheet pan. The tofu can be placed with just a little space between pieces so it browns nicely.
4. Once full, the sheet pans can be stored on the baker's rack until ready to cook. Oil the next sheet pan in the stack and begin laying dipped tofu on it.

The convection oven has 5 racks - put the first 5 sheet pans of the prepped tofu from the baker's rack to the convection oven at 10 am. Bake 25 minutes until brown and crispy. By 10:30 the second batch of sheet pans must be put in the oven.

Always put ketchup out with the tofu for the servers and the students.