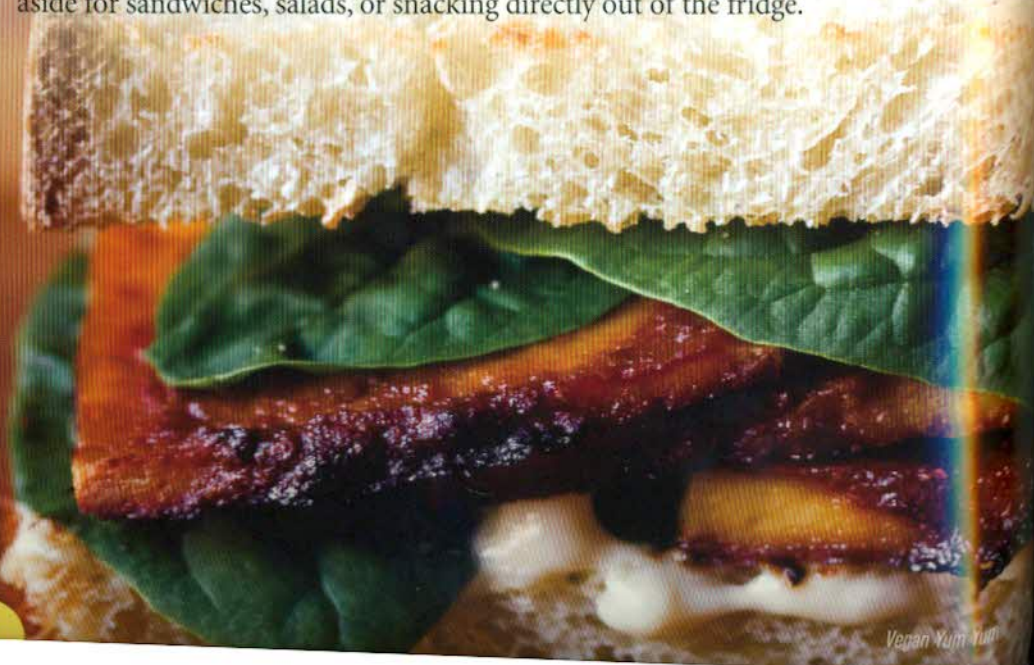


Smoky Miso Tofu Sandwiches

I hate it when I order a tofu sandwich somewhere and it pretty much tastes like (or actually is) blocks of watery, plain tofu stuffed between two pieces of bread. What's up with that? You might as well be eating a wet, mushy sponge. I love tofu, but you've got to treat it right, you know?

So I was thinking about tofu and imagining thin slices of flavorful goodness to stuff into sandwiches. I knew I wanted to use miso as the base for the flavor. The first sauce I mixed together used a bit of maple syrup, which seemed like a good idea until I tasted it. Something about the combination of red miso and maple syrup did not sit well with me, so down the drain it went. I moved on to pure, unadulterated sugar, a twist of lemon, and a splash of tamari. I was definitely getting close to what I had in mind. I scooped in a little bit of nooch (nutritional yeast, aka vegan pixie dust) and Liquid Smoke and it was finished. It's a dead-simple marinade: tangy, salty, smoky, and rich. I wanted to eat it like a soup. This tofu keeps well, so it's nice to make a whole block and set it aside for sandwiches, salads, or snacking directly out of the fridge.



Smoky Miso Tofu Sandwiches

Makes 18 to 20 thin slices, for 4 to 5 sandwiches

step 1 Preheat the oven to 425°F. Wrap your drained tofu in a few paper towels, then again in a terry cloth bar towel. Press with something heavy, like a cast-iron skillet or a plate with some cans on top, for 10 to 20 minutes.

step 2 Meanwhile, mix together the miso, lemon juice, sugar, tamari, yeast, and Liquid Smoke to make a marinade.

step 3 Unwrap the tofu and cut many thin, width-wise slices with a large knife (I got 18 to 20 slices out of one block of tofu).



step 4 Line up your tofu slices on a baking sheet that is covered with parchment paper or a Silpat baking

- 1 block extra-super-firm tofu, drained and pressed
- 3 tablespoons red miso
- 3 tablespoons lemon juice
- 3 tablespoons sugar
- 3 tablespoons tamari or soy sauce
- 1 tablespoon nutritional yeast
- 1/4 teaspoon Liquid Smoke flavoring

mat. Brush both sides of the tofu with the marinade.

step 5 Let the slices absorb the marinade for 10 minutes or so, then brush just the tops again. Bake for 20 minutes. Remove from the oven and let the slices cool on the sheet. The tofu should be darkened around the edges, but not burned.

step 6 To make a sandwich using the tofu slices, use whatever sandwich ingredients you love. I'm a simple girl, so some vegan mayo, baby spinach, and sourdough toast were all I needed to make a delicious sandwich. Most likely, whatever your favorite sandwich fixings are, they will go great with this tofu. This also makes a great vegan BLT! You can refrigerate the remaining slices to use later.

