

## Tofu or Tempeh Cutlets (NOT Marinated!)

Ingredients: One cake of *Firm* Tofu (or Tempeh): cut in flat 1/4" slices like a cutlet.

Don't marinate the pieces – instead, you will just douse the pieces while they are sauteeing with *any* or *all* of the following:

Tamari, Braggs, Sesame Oil, Hot Chili Oil, Fish Sauce, Chinese Marinade (SaltySweetGarlicy), fresh minced ginger and garlic, lemon juice, cider vinegar, apple juice.

Using a non-stick pan, add a bit of oil to your pan and begin to Sauté the tofu.

Squirt with Tamari and every other damn thing while the tofu is cooking.

Don't add too much liquid. You don't want the pieces to be boiling in a liquid stew. You want some liquid, and you want to continue to cook the liquid down until it thickens and continue to cook until the tofu plus the glaze starts to char. Turn the pieces and cook until the other side gets charred. Not too little, not too much. It's like making toast or bar-b-queing meat. It's the taste from the burning and the texture from the crunch of that cooked glaze that you are after.

Enjoy hot! Yum.

Sprinkle with Cajun Seasoning if that's your thing.