

Tofu or Tempeh Cutlets (NOT Marinated!)

Tempeh: cut in cubes.

or

Tofu: cut in flat 1/4" slices like a cutlet.

Don't marinate pieces – just douse the pieces while they are sauteeing with in *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.

Don't add too much liquid. You don't want the pieces to be boiling in a liquid stew. You want the liquid to glaze the pieces and get crunchy from the cooking on the hot pan surface.

Sauté in pan.

Squirt with Tamari while cooking.

Cook until the glaze gets dark and crunchy.

Enjoy hot! Yum.

Sprinkle with Cajun Seasoning.