



# INDIANA STATE FAIR RECIPE TRAIL

## Better-Than-Takeout Sesame Tofu



## Ingredients

- 1 block of super firm tofu
- 1/3 cup cornstarch
- Oil for frying
- Sesame seeds for garnish

### Sauce:

- 4 tablespoons sesame oil
- 4 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons honey
- 1 teaspoon siracha
- 1/2 teaspoon white pepper
- 1 tablespoon water and 1 tablespoon cornstarch mixed together
- 1 teaspoon dark soy sauce, optional



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## Instructions

1. Heat oil to 350 degrees in a heavy bottom pot or skillet.
2. Rinse tofu with cold water and dry.
3. Cut into 1/2-inch cubes and fully coat in corn starch.
4. Fry tofu for about 8-10 minutes or until crispy and golden.
5. In a saucepan over medium heat, add all sauce ingredients except for the water and cornstarch mixture.
6. Once sauce comes to a simmer, reduce heat and add in cornstarch slurry.
7. Stir until sauce has thickened and remove from heat.
8. Add tofu and toss in sauce to coat.
9. Serve tofu over rice and top with sesame seeds.

## Fun Facts

- Indiana ranks 3rd in the nation for acres of soybeans planted.
- The soybean plant is a legume related to peas, clover and alfalfa.
- A bushel of soybeans weighs 60 pounds (27.22 kg) and produces about 12 pounds of oil and 47 pounds of protein-rich meal.
- Each soybean plant produces 60 to 80 pods, each holding three pea-sized beans.