

Barbecue Grilled Tofu

Recipe courtesy Earl's Gone Wild

Prep Time: 15 min.

Inactive Prep Time: 90 min.

Cook Time: 18 min.

Level:

Easy

Serves:

4 servings



Tofu has an ability to take on flavors extremely well. This marinated tofu, seasoned and grilled makes an outstanding side dish, or even a main course.

Ingredients

- 2 packages (1 lb. each) of firm tofu
- 3 tablespoons Earl's Gone Wild California Spice
- 2 cups of fresh orange or pineapple juice
- 3 tablespoons of Canola or Olive oil
- 2 cups of Earl's Gone Wild California Barbecue Sauce
- 1 cup wood chips, we like hickory or pecan

Cooking notes

Place the wood chips in a bowl, and fill bowl with water until the wood chips are covered. Soak for 1 hour prior to use. Drain water before using.

Cooking steps

- 1) Rinse the tofu pieces under cold running water, drain off excess water and dry with a paper towel. Place tofu on a cutting board covered with paper towels. Now add a heavy plate on top of each piece of tofu to press out the excess water. This will take about 20 to 30 minutes.
- 2) Cut the tofu into 12 lengthwise slabs (6 from each package of tofu). Lay tofu in a non-reactive dish. Mix the two cups of fresh juice with 1 ounce of Earl's Gone Wild California Spice, and 2 tablespoons of canola oil. Cover tofu with the mixture and refrigerate for 1 hour.
- 3) Drain the liquid from the tofu. Liquid can be reduced on the stove to make an additional glaze. Rub the tofu with the remaining oil and lightly sprinkle the remaining spice mixture on the tofu pieces.
- 4) Preheat your charcoal grill for indirect cooking. You will need about 40 charcoal briquettes, this will cover about a third of the bottom grill. Using a chimney or pile, light the coals and wait until they are glowing red. Dump the hot charcoal out on the grate under one side of the grill, and then wait about 5 minutes for the coals to get a gray ash coating. A gas grill can also be used for indirect heat cooking by heating the outside burners and placing the tofu in the center. Smoke chip boxes are available for the gas grill.
- 5) When you are ready to cook the tofu, if using charcoal, place the wood chips on the coals. Oil your grill grate, then place the tofu directly over the hot coals. After 1 minute rotate the tofu pieces 90 degrees. Grill one additional minute. Turn tofu over and grill other side for 1 minute, rotate 90 degrees, and then grill 1 additional minute. Now move the tofu away from the coals to indirect heat. Cover the grill and open bottom and top vents half way. After 8 to 10 minutes baste with California Barbecue Sauce, cover grill and cook 5 more minutes.
- 6) Place tofu on serving platter with a bowl of warm California Barbecue Sauce on the side.

Serving suggestions: Green Salad, rice, beans, pasta salad, and fruit.