

Tofu Steak with Reduced Sugar Strawberry Dipping Sauce

2 lb Fresh Tofu, sliced 1 inch thick
1/2 cup cornstarch for breading

1/2 Cup Julianna's Delectible Fruit Reduced Sugar Strawberry Jam
1 Tbsp Garlic minced
1 Tbsp Ginger minced
2 Tbsp Scallion chopped
1 Tbsp Red Pepper Flakes, optional

Combine all ingredients in a small stock pot, except the Reduced Sugar Strawberry Jam, tofu and the cornstarch. Sauté the garlic, ginger, scallion and red pepper flakes about 30 seconds then add the Reduced Sugar Strawberry Jam. On medium heat bring Reduce Sugar Strawberry Jam mixture to a boil, lower to a simmer. Let simmer for 2 minutes, continually stirring. Place dipping sauce aside.

Dredge the tofu in the cornstarch.

Deep Frying bring Deep Fryer to 450 Degrees F. Fry till golden brown.

OR

Bake 350 degrees F bake for 10-15 minutes or till golden brown on an oiled cookie sheet.

Serve with Dipping sauce, rice and vegetables.

This Recipe was supplied by Chef Julianna Wesolek, for Julianna's Delectible Fruit, Inc www.juliannasdelectibles.com