

Tofu Salmon

Ingredients

For the tofu:

- 1 block (350g/ 12.3oz) extra-firm tofu drained, pressed, and sliced (see step 1)

For the marinade:

- 1 cup vegetable broth
- 1 sheet nori torn into pieces
- 3 tablespoons apple cider vinegar
- 1 small raw beet (20g/ 0.7oz) (about the size of a walnut)
- 2 tablespoons white miso paste
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon turmeric

To cook the vegan salmon:

- 1 sheet nori (to make a skin, optional)
- ½ cup cornstarch (more if needed)
- 2 tablespoons light oil for frying (such as canola or vegetable), plus more if needed
- lemon wedges for garnish (optional)

Instructions

To prep the tofu:

1. Prepare the tofu by draining it, and then pressing it for 15 to 30 minutes. I love using my Tofuture tofu press, but you can also follow these instructions for a DIY tofu pressing method. Pressing the tofu squeezes excess water out so that the tofu can suck up more of the marinade and become more flavourful.
2. Cut the tofu in half lengthwise, and then in half lengthwise again making 4 long skinny strips of tofu. Take one piece of tofu and place a chopstick on either side of the tofu to stop you from cutting all the way through, so the slices remain intact. Slice the tofu partway through repeatedly about ⅛" apart to give the tofu a flaky texture. Repeat with the other tofu slices. Be careful handling them as they will be fragile. **Tip:** I like to cut the slices on a slight angle to be more similar to how fish flakes. :)

For the marinade:

1. Add all of the marinade ingredients together in a blender. Blend until smooth as possible. Place the tofu in a resealable bag or dish and cover it with the marinade. Let marinate in for a minimum of 30 minutes or overnight in the fridge.

To cook the vegan salmon:

1. Put the cornstarch into a wide bowl or baking dish. If using the nori, cut the nori into strips roughly the same size as the tofu pieces. Gently remove a tofu piece from the marinade (be careful as it will be fragile). Dunk a strip of the nori into the marinade, then stick it to the back of the tofu. (Covering the nori in the marinade will help it stick to the tofu). Dredge the tofu with the nori attached in the cornstarch, covering all sides of the tofu. Repeat with all the tofu pieces.
2. Heat the oil in a large skillet or frying pan over medium-high heat. When hot add the cornstarch covered tofu. Fry 2 - 4 minutes per side until lightly golden all over. Remove from the pan and serve hot with a wedge of lemon.

Source: <https://itdoesnttastelikechicken.com/vegan-salmon/>