

Spicy Jerk Tofu – revised

- 1 454 g package medium-firm* non-GMO tofu, cut crosswise into ½ inch slabs
- 2 Tablespoons Jerk Seasoning (the paste in a jar, not the dry spices, preferably Walkers Wood brand)
**see NOTES
- 2 Tablespoons avocado oil
- 2 Tablespoons cider vinegar
- 1 Tablespoon maple syrup
- 1 Tablespoon tamari or soy sauce

1. Place the tofu slabs on one end of a clean tea towel, in a single layer. Fold the other end over the tofu and place a large cutting board on top. Weigh down the tofu by placing full cans, jars, hand weights, rocks – what have you – on top of the cutting board. Allow the tofu to sit under the weights for about half an hour to squeeze out about half of the liquid.
- 2 Meanwhile, make the marinade by mixing the remaining ingredients in a small bowl or measuring cup
3. Once the tofu has been squeezed, pour about a Tablespoon of the marinade into the bottom of a container with a lid
4. Put a layer of tofu on top of the marinade and pour more marinade over it. Keep layering all the tofu and marinade.
5. Put the lid on and place the container in the fridge
6. Allow the tofu to marinate for half an hour or longer, up to 24 hours, shuffling the tofu slabs if necessary to allow maximum absorption of the marinade.
7. Preheat your BBQ, oil the grill and BBQ the marinated tofu over medium heat, for about 5 minutes per side. Alternatively you can pan-fry or bake the tofu at 350F

Great with crispy baked polenta, rice and peas, roti and/or baked yams

*NOTES:

It is best to use medium-firm tofu in this recipe, as the firm tofu is just too solid. Jerk Seasoning can be either a paste in a jar or just the dry spices, while Jerk Marinade and Jerk BBQ Sauce are both liquids. This recipe uses the paste form of Jerk Seasoning.