



## *Tofu fingers* and honey mustard sauce

*Preparation : 30 minutes | Cook : 25 minutes | Ready in 55 minutes*



### **For 8 to 12 fingers :**

- 250g / 9 oz extra firm tofu (nature or smoked)
- 1 teaspoon salt
- ½ teaspoon pepper
- 60g / ½ cup flour
- 1 tablespoon cornstarch
- 120ml / ½ cup milk of your choice
- 1 teaspoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 60g / ½ cup bread crumbs
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon onion powder (optional)
- 1 teaspoon ground cumin
- ¼ teaspoon Cayenne pepper
- olive oil, for brushing

### **Honey mustard dipping sauce :**

60ml / ¼ cup honey  
60ml / ¼ cup mayonnaise  
60ml / ¼ cup Dijon mustard  
1 tablespoon white vinegar  
¼ teaspoon cayenne pepper



### *Preparation:*

1. On the side of the block (thickness) cut tofu in half. Wrap the tofu in a clean cloth and place a heavy object on the tofu for about 15 minutes to remove excess liquid.

During these 15 minutes of waiting:

- Preheat the oven to 220 °c (425°F). Grease a baking sheet with a brush and olive oil.
  - In a small bowl, mix the flour and cornstarch with a fork.
  - In another small bowl, combine the milk, cider vinegar and Dijon mustard. Whisk with a fork until the mixture is smooth.
  - In a third small bowl, combine bread crumbs, salt, pepper, garlic powder, paprika, onion powder, cumin and cayenne pepper with a fork.
2. Remove the cloth and season each side with salt and pepper. Then cut lengthwise to form sticks.
  3. Take a piece of tofu and coat it with the flour mixture, then with the milk mixture, then put it back into the flour mixture, into the milk mixture and finally into the breadcrumbs.
  4. Place on the oiled prepared baking tray and repeat with the remaining tofu sticks.
  5. Using a brush, delicately coat each stick with a uniform layer of olive oil.
  6. Then, put in the oven for about 25 minutes at 220°C, or until the desired colouring is obtained. Turn the sticks over halfway through cooking for extra crispness.

For the sauce, it's easy! Just mix all the ingredients and it's ready!

Tips :

You can change the seasoning of the breadcrumbs, herbes de provence, curry,... depending on the sauces with which you want to accompany the sticks.

Keep the extra flavoured breadcrumbs to sprinkle on the dishes.

*Bon appétit!*

*Krystalife*