

Broiled Tofu for Lent

1 cake tofu

2 teaspoons vegetable oil

2 tablespoons soy sauce

dash of Tabasco or other hot pepper sauce (optional)

3-4 drops of dark sesame oil (also optional)

Cut the block of tofu in half producing two cake about 1" thick. Place the tofu between two plates. Weight the top with a heavy object such as a small cast-iron skillet, heavy can, or large book, and press the tofu for 10 minutes. Drain water pressed from tofu.

Preheat the broiler.

While the tofu is being pressed, stir together the vegetable oil, soy sauce and optional ingredients. Set aside for marinade. Slice the tofu cakes in half so there are now 4 pieces for marinading. Place in a flameproof dish. Pour the marinade over the tofu, turning over to insure each side soaks up the marinade. Broil until bubbly, browned and crisp on each side, turning when one side is completed.

Serve immediately.