

Vegan Tofu “Hot Wings”

Ingredients:

- 1 package firm tofu
- 1 cup flour
- 2 tablespoons cornstarch
- 1 cup milk alternative
- 2 tablespoons apple cider vinegar
- Cooking oil (olive or avocado)
- Buffalo/BBQ/Teriyaki sauce(s) of your choice
- Salt/Pepper to taste



Directions:

1. The day before, open the tofu package, drain the excess water and cut into about ½ inch cubes. Distribute tofu into storage containers (I had three sauces so I used three separate containers) and coat with the sauce. Let sit in fridge overnight to marinate.
 2. Combine the milk alternative (I used plain soy milk) and apple cider vinegar in a shallow dish. Whisk briskly and set aside to allow it to thicken. This is the “wet bowl”. Next, combine the flour, cornstarch and salt/pepper into a second shallow dish. This is the “dry bowl”.
 3. In a semi-deep pan, pour the oil over the bottom until it covers 1 inch of it. Turn on medium to medium-low and allow oil to start heating up.
 4. Carefully remove tofu pieces from their marinating containers, allowing excess sauce to fall off then place on a clean plate. Do not dispose of the containers with extra sauce. One by one, take a tofu piece with one hand a dip it into the “wet bowl”, making sure to cover the entire piece with the liquid. Carefully remove it with the same hand and place into the “dry bowl”. Using your other (clean) hand, roll the piece around until it is completely covered in the batter mixture.
 5. Place the piece into the pan and flip continuously until each side is golden brown (or darker if a more crispy texture is preferred). Once fully cooked, remove and place on a paper-towel-covered-plate to allow excess oil to drip off.
 6. Repeat steps 4 -5 until all pieces have been cooked. Place the cooked pieces into the excess sauce found in the marinating containers. Roll around until fully covered. Serve immediately.
- Yield: 4 servings