

Road Food: Tofu Jerky

first published in *Freewheelin'* October 2007

from Arleene Arnold

I took dehydrated Tofu Leather to the Heart of the South Tour (GASP 2007). Many wanted the recipe so I thought I would submit it to the newsletter. It is not my recipe however, it is from: *Babes In The Woods* by Bobbi Hoadley, Globe Pequot Press. Connecticut 2003.

Tofu Jerky

Cake of extra firm tofu. (I found the "grainier" tofu worked better than the "silky" tofu.)

Marinade:

1/2 cup soy sauce

1/4 cup water

1 tbsp. Worcestershire sauce

1 tbsp. honey

1 tsp. each paprika and onion powder

2 cloves garlic, crushed

1 tsp black pepper

Drain and slice the tofu into 1/4 inch strips. Mix the marinade well. Place the tofu on a cookie sheet in a single layer and pour the marinade over it. Cover with plastic wrap and refrigerate overnight, turning once. Spread the tofu on a tray and dehydrate for 4 to 6 hours in your oven at 150 F, in a dehydrator at 125 F, or according to manufacturers directions. Dry until leathery but still bendable.

Sweet Tofu Jerky

Cake of extra firm tofu

Marinade

1/4 cup maple syrup

1/4 cup water

2 tsp soy sauce

2 tsp dark brown sugar

Drain and slice the tofu into 1/4 inch strips. Mix the marinade well. Place the tofu on a cookie sheet in a single layer and pour the marinade over it. Cover with plastic wrap and refrigerate overnight, turning once. Spread the tofu on to a tray and dehydrate for 4 to 6 hours in your oven at 150 F, in a dehydrator at 125 F, or according to manufacturers directions. Dry until leathery but still bendable.