

# Air-Fryer Tofu

By [Eleanore Park](#)



David Malosh for The New York Times. Food Stylist: Simon Andrews.

Time 30 minutes

Preparation

Rating 4 ★★★★★ (695)

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## INGREDIENTS

Yield: 2 servings

14 ounces medium or medium-firm tofu (if unavailable, go with firm), drained

½ cup potato starch

1½ teaspoons kosher salt

## PREPARATION

### Step 1

Heat air fryer to 375 degrees, if preheating is recommended for your air fryer.

### Step 2

Wrap the drained tofu in a clean kitchen towel or in a few layers of paper towels. Place on a plate and

Much like [air-fryer French fries](#), tofu becomes perfectly crunchy in the air fryer without the need for deep-frying or an abundance of oil. This recipe takes a cue from Eric Kim's [crispy tofu nuggets](#), using potato starch to create a crackly exterior. The potato starch and salt coating, as well as the circulating high heat, helps evenly draw out the moisture. Similar to many [air fryer recipes](#), the tofu benefits from being tossed or shaken halfway through to ensure even cooking. If using a smaller air fryer, cooking spray helps prevent the cubes from clumping when piled into the basket. For a full meal, serve with [rice](#) and a squeeze of lime for an extra shot of brightness.

Freshly cracked black pepper

Nonstick cooking spray

¼ cup light or dark brown sugar

3 tablespoons rice vinegar

3 tablespoons low-sodium soy sauce

½ teaspoon sambal oelek or sriracha

Sliced scallions (optional), for serving

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[Ingredient Substitution Guide](#)

[Nutritional Information](#)

weigh down tofu with something heavy, like a glass bowl, skillet or can, and allow to drain for at least 10 minutes and up to 30 minutes.

### Step 3

While the tofu drains, in a large, wide bowl, combine the potato starch, salt and pepper.

Unwrap the tofu and pat dry once more. Cut the tofu into ¾-inch cubes and add to the potato starch mixture. Use your fingers to gently toss until coated.

### Step 4

Spray the air fryer basket with cooking spray. Place the tofu in the air fryer basket, shaking off any excess potato starch while transferring. Once the tofu is in the air fryer basket, spray once more with the cooking spray to prevent clumping. Cook until tofu becomes slightly puffed, about 10 minutes. Use tongs to move tofu pieces around the basket. Continue to cook until lightly browned in some spots and crisped all around, about 10 minutes.

### Step 5

Discard the potato starch from the large bowl, wipe it clean and set it aside. While the tofu cooks, make the sauce: In a small skillet, combine the brown sugar, vinegar and soy sauce over medium heat. Cook, stirring occasionally, until the sauce thickens slightly and clings lightly to the back of a spoon, about 5 minutes. Remove from the heat and stir in the sambal.

### Step 6

Return the crispy tofu to a large bowl. Pour the soy glaze over the tofu; toss to coat. Transfer to a serving plate and top with scallions, if using.