

Crispy Tofu and Broccoli With Ginger-Garlic Teriyaki Sauce



Julia Gartland for The New York Times. Food Stylist: Barrett Washburne.

By [Hetty McKinnon](#)

Time 45 minutes

1

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INGREDIENTS

PREPARATION

Crispy tofu is attainable without frying. In this mostly hands-off recipe, firm tofu is dredged in cornstarch (one of our pantry's most versatile staples) before being baked at high temperature. The tofu becomes golden, with an enviable crunch that stays crisp even when drizzled with teriyaki sauce. Traditional teriyaki sauce contains just four ingredients — soy sauce, mirin, sake and sugar — but this one also has ginger and garlic, which add a bit more punch. In Japanese cuisine, teriyaki refers to any grilled, broiled or pan-fried food with a shiny glaze. No cornstarch is needed to make a true teriyaki sauce glisten; just cook it down until it looks shiny underneath the brown foam, but make sure not to overcook as it thickens considerably as it cools.

Yield: 4 servings**For the Tofu**

2 (14-ounce) package extra firm tofu, drained

Neutral oil

$\frac{3}{4}$ cup cornstarch

Kosher salt (such as Diamond Crystal) and black pepper

1 pound broccoli, cut into small 1-inch florets, stems reserved for another use

Chopped cilantro leaves, for topping (optional)

Toasted white sesame seeds, for topping (optional)

Cooked rice, for serving

For the Teriyaki Sauce

$\frac{1}{2}$ cup soy sauce or tamari

$\frac{1}{2}$ cup mirin

$\frac{1}{3}$ cup sake

$\frac{1}{4}$ cup granulated sugar

1-inch piece ginger, peeled and grated

1 garlic clove, peeled and grated

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[Ingredient Substitution Guide](#)

[Nutritional Information](#)

Step 1

Arrange racks in the middle and bottom of the oven, and heat the oven to 425 degrees. You will need 2 sheet pans. Line one with parchment paper.

Step 2

Prepare the tofu: Cut each block of tofu crosswise into $\frac{1}{2}$ -inch slices and pat them dry with a kitchen towel.

Step 3

In a large baking dish or rimmed plate, drizzle 3 to 4 tablespoons of oil. In another large baking dish or rimmed plate, scatter the cornstarch, season it with 1 teaspoon of salt and a few pinches of black pepper, and toss to combine.

Step 4

Place each slice of tofu in the oil and coat both sides, then dip the tofu into the cornstarch and lightly coat both sides. Place the coated tofu straight onto the lined sheet pan. Continue until all the tofu has been coated. All of the tofu should fit on one sheet pan.

Step 5

Place the tofu onto the middle rack in the oven and bake for 30 to 35 minutes, flipping halfway through cooking, until lightly golden and crisp to the touch.

Step 6

On the second sheet pan, lay out the broccoli and drizzle with oil. Season with salt and black pepper. Place on the bottom rack of the oven and roast for 20 to 22 minutes, until tender and golden in parts.

Step 7

Meanwhile, make the teriyaki sauce by combining the soy sauce, mirin, sake, sugar, ginger and garlic in a medium saucepan. Bring to a boil (this should take 2 to 3 minutes), stirring to dissolve the sugar. Once it boils, reduce the heat to medium-low and simmer, stirring occasionally, until there is a layer of light brown foam on top, 12 to 15 minutes. Remove from the heat and let cool for 5 to 10 minutes. It will continue to thicken as it cools.

Step 8

To serve, top the rice with the tofu and broccoli and drizzle with the teriyaki sauce. If using, finish with cilantro leaves and sesame seeds.

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KL 2 months ago

Recently learned that you can buy gingerroot, give it a good scrub under running water, pat dry, then freeze. When you need it in a recipe, trim off any dried-up end and grate on a microplane, skin and all. Works beautifully! Skin is not noticeable. Much faster and less fiddly than peeling and grating unfrozen ginger.