



Recipe Name: McTofu Nuggets and Sauce

File No:

Recipe Adapted From:

Eric Kim of the New York Times



Grade Group (s): K-8, 9-12	HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 25	
Portion Size: 4.4 oz + 1 oz sauce	
Serving Utensil:	
Servings per Pan:	

Ingredients	Weight	Measure
Tofu, Raw, Firm	7 lbs	
Onion Powder		3 1/8 Tbsp
Salt		1/2 Tbsp
Potato Starch		3 1/8 cup
Apricot Preserves		3 1/8 cup
Vinegar, Rice	6 1/4 oz	
Soy Sauce	6 1/4 oz	
Pepper Flakes		1 Tbsp
Water		1/4 cup

Procedure
<ol style="list-style-type: none"> To prepare tofu for the recipe, see Tofu in a Nutshell for additional information. While tofu preps, make the sauce. In a bowl, stir together the apricot Preserves, rice vinegar, soy sauce, pepper flakes, 5 Tbsp of onion powder, and water until smooth. Place 2 Tbsp (~1/8 cup) of prepared sauce into 2 oz Covered containers. Once Tofu is pressed, slice block in half on a cutting board, horizontally. Cut each of the halves into 8 rectangle pieces, creating the nuggets. Directly on the cutting board, season the the tofu nuggets with 1 Tbsp of salt and remaining onion powder. Be sure to coat nuggets with seasoning. In a large bowl, add potato starch and remaing salt. Add tofu and coat. Spray vegetable oil (pan release spray) on a dry rimmed baking sheet. Lay the nuggets on the coated sheet in a single layer, do not allow nuggets to touch, as they will then stick together. Spray the top side of the nuggets with additional vegetable oil spray. Bake at 400°F until tops are golden, flip the nuggets and continue oven frying until completely golden, about 10 minutes. Place 4.4 oz wt into serving boats and serve with sauce cups.

Meal Component Contribution			Total Yield	
Meat/Meat Alternate: 2 oz eq			Weight:	
Vegetable Subgroups			Number of Pans:	
DG	RO	BPL	Pan size:	
			Volume:	
S	O	A	Nutritional Analysis Based on Portion Size	
Fruit:			Calories: 370 kcal	
Grains:			Saturated Fats (g): 11.22 g	
Based on USDA Food Buying Guide-RAW			Sodium (mg): 332.98 mg	
			Calculated with Nutrikids	

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
 S - starchy O - other A - additional