

## SPOTLIGHT RECIPE

# HOT HONEY LEMON PEPPER TOFU

Tofu originated in China and has been consumed there for over 2,000 years. Tofu is a traditional component of many East Asian and Southeast Asian cuisines. In modern Western cooking, it is often used as a meat substitute. Nutritionally, tofu is low in calories while containing a relatively large amount of protein.

**SERVES 6**



### INGREDIENTS

- 3 tablespoons mustard, yellow
- 1/3 cup sauce, hot, original, Frank's RedHot
- 3/4 cup seasoning, lemon pepper
- 1 pound 8 ounces tofu, firm, cubed, 1 inch
- 1 1/2 cups cornmeal, plain, yellow
- 1/3 cup flour, all purpose
- 1/4 cup cornstarch
- 1/3 cup honey
- 1/3 cup butter, unsalted

### DIRECTIONS

Heat fryer to 350 F.

Place the cubed tofu in a large bowl and coat with mustard, hot sauce and 1/4 cup lemon pepper.

Mix the cornmeal, flour, cornstarch and 1/4 cup lemon pepper in a large bowl. Evenly coat the tofu with the cornmeal mixture, shake off the excess and let rest on a wire rack for 10 minutes.

Fry the tofu for 3 minutes, or until golden brown. Let cool slightly on a wire rack.

While frying the tofu, melt the butter, honey, the rest of the hot sauce and 1/4 cup lemon pepper in a saucepan and heat on low.

Drizzle the tofu with the hot honey lemon pepper mixture.

Serve hot.

#### Side dish

Vegetable Lo Mein

