

Asian tofu grill skewers

Vegan cooking in the Asian style. Delicious barbecue skewers with tasty smoked tofu, refined with a spicy hoisin marinade from Vietnam.

Zutaten
4 Portionen

Ingredients Tofu grill skewers
2 Corn on the cob
1 Paprika, red
1 Zucchini
2 Onions, red
2 EL Hoisin sauce
400 g Smoked tofu
2 EL Oyster sauce, vegan
1 EL Soy sauce
1 Covenant Rosemary
Garlic
Topping ingredients
1 Lime
1 Piece Ginger
1 Pepperoni
2 EL Sesame, white
Byodo delicatessen sauces

Zubereitung

Preparation of tofu grill skewers

Carefully fold back the leaves of the corn cobs. Remove the strings from the cobs and brush the corn cobs all over with the hoisin sauce. Fold back the leaves and cook the corn on the cob either on the grill for 20 minutes or in the oven at 200 °C top and bottom heat
for 40 minutes. Take out and remove the leaves. If the rice is pre-cooked, omit this step and just coat with the hoisin sauce

Cut the corn cobs into wheels. Cut the red bell pepper and zucchini into approx. 3 x 3 cm pieces and quarter the onions. Cut the tofu into cubes. Marinate briefly with the oyster and soy sauce. Now alternately thread a wheel of corn, a piece of bell pepper, a piece of zucchini, red onion and tofu cubes onto skewers. Grill on the barbecue for approx. 10 – 12 minutes, turning frequently. Alternatively, fry in a pan with a little Byodo Frying Oil Classic.

Preparation of topping

For the spicy lime topping, grate the zest from the organic lime. Finely chop the peppers and ginger. Mix well and sprinkle over the skewers together with the sesame seeds.

The Byodo barbecue sauce, garlic sauce or the exotic curry mango sauce taste delicious with the vegan barbecue skewers.