

DEEP FRIED TOFU IN BREADCRUMB BATTER**Imperial (Metric)**

1 lb (1/2 kilo) tofu
 3 tablespoonsful natural soy sauce
 4 oz (100g) wholewheat flour
 either:
 1 egg
 or:
 4 oz (100g) wholewheat flour and
 1/3 pint (200ml) water
 Wholewheat breadcrumbs
 Vegetable oil for frying

American

2 cupsful tofu
 4 tablespoonsful natural soy sauce
 1 cupful wholewheat flour
 either:
 1 egg
 or:
 1 cupful wholewheat flour and
 1 cupful water
 Wholewheat breadcrumbs
 Vegetable oil for frying

1. If necessary, press the tofu to make it firm enough to hold together, then cut it into fingers or slices.
2. Dip the pieces of tofu in the soy sauce, turn them and leave them for a few minutes to marinate.
3. Remove the tofu and dip it in the wholewheat flour, covering all sides of each piece.
4. Dip the tofu in the egg or flour and water mixture (this is lovely) and finally dip it in the breadcrumbs, making sure that all sides are well covered.
5. Drop the pieces in hot oil and deep fry them for 3-4 minutes until brown. (If you like, these can be shallow fried by using a generous amount of oil in the pan and turning them once to cook both sides.)

Note: Home-made breadcrumbs are best if dried for about half an hour in the oven at the lowest setting. They can be made in this way and kept in a fridge for a long time to be used whenever breadcrumbs are called for.