

## Maple Miso Tofu

<http://userealbutter.com/2013/03/25/maple-miso-tofu-recipe/>

based on [this video](#) (the original website is a trainwreck and I can't find the recipe)

vegetable oil for brushing the parchment paper  
1/4 cup (3 1/2 oz. or 100 g) maple syrup  
1/4 cup (2 3/4 oz. or 75 g) white miso paste  
2 tbsps soy sauce  
1 tsp chile sauce (sambal oelek)  
2 tbsps unseasoned rice vinegar  
14 oz. firm tofu

Set a rack in your oven about 3 inches below the broiler. Line a rimmed baking sheet with parchment paper. Brush the parchment paper with vegetable oil. Place the maple syrup, white miso paste, soy sauce, chile sauce, and rice vinegar in a medium bowl. Whisk the ingredients together until smooth. Slice the block of tofu into 1/2-inch thick pieces and arrange them on the baking sheet at least an inch apart. Spoon or brush the maple-miso glaze over each piece of tofu. Turn the broiler on. Broil the tofu for about 8 minutes or until the glaze just starts to blister or burn. Remove the tofu from the oven. Flip each piece over and spoon or brush the glaze over the tofu. Return the tofu to the broiler and broil for another 5-8 minutes until the glaze begins to blister or burn. Serves 2-4.