

# Barbecued "T" Ribs and Sweet Corn

Barbecued "T" Ribs!! Today you'll prepare some Marinated and Grilled Tofu served with a homemade, lip-smacking barbecue sauce. It will share the dinner plate with roasted potatoes and seasonal corn on the cob. A crisp green salad finishes this summer celebration.

You've purchased and frozen a package of extra or ultra-firm tofu. Now you'll need to thaw that package of tofu as you prepare to make this delicacy. Marinating takes extra time so start this recipe around mid-day.

**Preparation time: 1 hour (not including marinating time) - Servings: 2**

## Prep Your Ingredients!

### Notes on Organizing

Thaw the tofu first thing in the morning. Prep and organize ingredients before you begin cooking. You'll be happy to have things within reach as you assemble. Prep a total of 2 cloves of chopped garlic: 1 for the marinade and 1 for the BBQ sauce. Prep 3/4 C. onion: 1/4 C. for the marinade and 1/2 C. for the BBQ sauce.

### Marinated Grilled Tofu

One 16 oz. package of extra or ultra-firm tofu (frozen, thawed)

#### Marinade:

1 tsp. sesame oil  
2 tsp. canola oil  
1 large clove garlic (smashed and chopped)  
1/4 C. yellow onion (finely chopped)  
1/4 C. white wine  
1/2 tsp. Asian garlic chili sauce  
3 T. rice wine vinegar  
1/2 tsp. ground, fresh ginger  
3/4 C. low-sodium vegetable broth  
1 T. low-sodium soy sauce or tamari  
1 T. dry basil leaves

### Roasted Potatoes/Topping/Sweet Corn

4 medium-size roasting potatoes of choice  
1 tsp. olive oil

#### Potato Topping:

1 C. plain, nonfat yogurt  
2 T. fresh chives (chopped)  
1/4 C. green onion (chopped)  
pinch of salt

#### Sweet Corn:

2 quarts water  
pinch of salt  
4 ears sweet corn (shucked)

### Barbecue Sauce

1 large clove garlic (smashed and chopped)  
1/2 C. onion (finely-chopped)  
1 can tomato sauce  
4 T. balsamic vinegar  
2 tsp. olive oil  
1 tsp. Worcestershire sauce  
1 T. chili powder  
2 tsp. dried oregano leaves  
4 T. molasses or sorgum  
1/8 tsp. cayenne pepper (to taste)

### Salad and Dressing

#### Green Salad:

8 large leaves lettuce (washed and dried)  
2/3 C. red bell pepper (seeded and sliced)  
2/3 C. sliced fennel (thin-sliced and halved)  
1-1/3 C. cucumber (peeled, coarsely-chopped)  
8 cherry tomatoes (halved)  
1 nectarine (pitted, sliced and chopped)  
8 pecan halves (toasted)

#### Il Simplicio Dressing:

3 T. extra-virgin olive oil  
1/2 tsp. prepared Mustard  
1/2 tsp. low-sodium soy sauce or tamari  
2 T. Balsamic vinegar  
3 T. low-sodium vegetable broth

## Let's Prep, Cook, and Plate This!

### Basic Assembly Instructions

Make the marinade early in the day and get the Marinated/Grilled Tofu underway. You can also make the barbecue sauce early in the day. It just gets better as it rests.

### Marinated Grilled Tofu

1. Thaw tofu and slice into 1/2" thick rectangles (6 slices). Lay a couple of layers of paper towel on a cookie sheet and arrange sliced tofu on paper towel. Cover with 2 more layers of paper towel and set another cookie sheet on top. Press tofu between sheets until paper towels are soaked. Remove and discard towels and repeat two more times.
2. Make marinade. Start with oils, garlic, onion and white wine. Microwave in a covered bowl for 1 minute. Transfer garlic/onion mixture to a 9X9 baking dish and add remaining ingredients. Stir well. Place pressed tofu in marinade and marinate 30 minutes per side.
3. Heat a flat or ribbed griddle and place marinated tofu slices on hot, oiled pan. Brown each side. Then turn on edge and rotate until edges are browned.
4. Return grilled tofu to marinade until ready to use. You'll use 4 rectangles for tonight's meal. Store the unused tofu in the fridge in leftover marinade.

### Barbecue Sauce

Barbecue Sauce: Measure all barbecue sauce ingredients into a small saucepan. Bring to a boil, reduce heat and cook 10 minutes. Remove from heat until ready to use.

### Preheat oven to 375°.

### Salad and Dressing

Green Salad: Assemble green salad in a large bowl and toss well. Dress just before serving.

Il Simplico Dressing: Combine dressing ingredients in a small jar with a tight-fitting lid. Shake well.

### Roasted Potatoes/Topping/Sweet Corn

Roasted Potatoes: Scrub and halve potatoes. Place cut-side down on an oiled cookie sheet. Bake in a 375° oven for 30 minutes.

Potato Topping: Measure plain, nonfat yogurt into a medium-sized bowl and stir in chopped chives, green onions and salt. Set aside until ready to dine.

Sweet Corn: About 10 minutes before you wish to dine, place 2 quarts water and 1 tsp. salt in a large kettle and bring to a boil. Slide shucked corn into boiling water and cook 5 minutes once water returns to a boil. Drain and serve.

### Plate the Meal

While corn in cooking, prepare barbecued tofu pieces. Select 4 marinated tofu rectangles for tonight's meal. Make 3 equal cuts that don't go all the way across each rectangle (see photo in recipe). Slide a wooden kabob skewer through each cut rectangle and drizzle with 3 T. barbecue sauce. Place on a plate, cover and microwave 2 minutes.

Serve 1 skewer of tofu per diner. Place two roasted potato halves next to the skewer and top with 1/4 C. topping. Place corn and dressed salad on open portions of the plate.

### What I've Learned from this Recipe

Freezing and thawing the tofu before you press and marinate it changes the texture. It becomes more fibrous and absorbs the marinade more readily.