

Beer Battered Fish

These tofu fish fillets are yeasty, crunchy and delicious!

Servings: 6

Prep Time: 15

Prep & Cook Total Time: 30 - 45 minutes

Ingredients

- 1 14-ounce block organic extra firm tofu
- 1 cup flour
- 2 teaspoons baking powder
- 1 tablespoon garlic powder
- 2 teaspoons onion salt
- 1/2 teaspoon ground black pepper
- 1 12-ounce bottle beer - I used Bass, an English brand
- Grape seed or peanut oil for frying

Directions

1. Drain and wash tofu. Place in a colander; put a saucer on the tofu and a can on top of the saucer. Allow tofu to drain for 15 minutes.
2. Meanwhile prepare the batter.
3. Whisk flour, baking powder, garlic powder salt and pepper together in a bowl. Stir in beer just until blended.
4. Cut tofu into 12 pieces - pat dry.
5. Pour 1-inch oil in skillet, Heat over medium high heat.
6. Dip each tofu stick into batter, coat on all sides. Carefully place into hot oil - fry until golden on all sides. Drain on paper towels. Repeat with remaining tofu.
7. Serve with vegan tarter sauce.

Vegan Tarter Sauce

Ingredients

- 1/2 cup vegan mayo
- 1 tablespoon pickle relish
- 1 tablespoon fresh dill chopped

Mix all ingredients together. Serve with tofu fillets.

Lisa Sizemore, RN HN-BC