

# *Cornmeal Crusted Tofu w/ Raspberry Chipotle Coulis*

1 Block Super-Firm Tofu  
1/3 C Fine-Medium Cornmeal  
1 Tbsp Organic Unrefined Sugar  
dash S&P  
1 tsp Smoked Paprika  
1/2 Medium Shallot  
1 Chipotle Pepper in Adobo Sauce  
1 C Fresh or Frozen and defrosted Raspberries  
1/4 C Agave Nectar  
1/2 tsp White Balsamic Vinegar  
1/4 C Dijon Mustard  
2 Tbsp high-heat cooking oil (I used coconut oil)

I found super-firm tofu recently and it is amazing. It's way firmer than extra-firm. If you cannot find Super-Firm (Wildwood made this one) then use Extra Firm but you may want to freeze it first, defrost and then wrap in a clean dishtowel and place an iron skillet on top to press out excess moisture and make as firm as possible.

Cut tofu block into 4 or 5 slices, then slice in half on the diagonal. You can really cut them however you want...but more cuts may require some more cornmeal. Set aside. Mix cornmeal, sugar, s&p and smoked paprika in a pie plate or shallow dish. Set aside.

In a blender, blend shallot, chipotle, raspberries, agave and vinegar until well combined. If your blender does not obliterate the seeds, strain through a fine mesh strainer. I used it raw to retain as much nutritional value from antioxidant rich raspberries, but you can simmer if you wish while you prepare the rest.

Heat oil in skillet over medium heat and coat each slice of tofu on all sides with mustard, then dredge through the cornmeal mixture, using your hands to make sure they are well covered. Place in heated oil for a few minutes on each side until they turn golden brown. Serve up these sweet-n-smoky babies for an impressive appetizer!