

[Read More »](#)

# relish

*Celebrating America's Love of Food*

## Horseradish Mustard and Panko-Encrusted Tofu

4 servings

Crunch down through the tangy, crispy golden brown panko crust and bite into the velvety soft tofu center of these absolutely fabulous dinner delights.



### Ingredients

- 1 pound firm tofu
- 1/2 cup dry white wine
- 4 ounces firm or extra-firm silken tofu
- 1/4 cup plain soy milk
- 5 teaspoons Dijon mustard
- 1 tablespoon prepared horseradish
- 1 tablespoon freshly squeezed lemon juice
- 1/2 cup all-purpose flour
- 2 tablespoons tapioca flour or cornstarch

1/2 teaspoon salt

3 cups panko bread crumbs

1/4 cup canola oil, divided

### Instructions

1. Drain tofu, wrap in a clean thick kitchen towel or [paper towels](#) and place on a dinner plate. Place a second dinner plate on top, place a heavy can on top and set aside for 1 hour.
2. Cut pressed firm tofu in half crosswise. Set each half on one narrow side and cut into two 1-inch thick pieces. Pour wine into a shallow bowl and lay tofu slices in wine.
3. In a 2-cup glass measuring cup, using an immersion blender or in an upright blender, combine silken tofu, [soy milk](#), mustard, horseradish and lemon juice and purée into a very smooth sauce. Pour mixture into another shallow bowl and set aside.
4. In a third shallow bowl, whisk together flour, tapioca and salt. Pour panko into fourth shallow bowl.
5. Working in batches, flip tofu in wine to dampen both sides, then remove from wine. Dredge tofu in flour mixture, turning to coat all sides and transfer to mustard mixture. Using fork and fingers, turn tofu to generously coat all sides. Using fork and fingers lift and transfer tofu to panko and turn to coat all sides. Transfer coated tofu to prepared [baking sheet](#). Any leftover tofu can be cooled and stored in an airtight container in the refrigerator for up to 2 days. Reheat in a 400 F oven for 20 minutes to heat and [crisp](#) and serve atop a green salad.
6. Place a heavy-bottomed skillet over medium-high heat and let pan get hot. Add 3 tbsp of the oil and heat until it shimmers. Carefully place 1 or 2 tofu pieces at a time into hot oil and cook until bottom is golden brown and crusty, 1 to 1 1/2 minutes. Flip tofu and cook until bottom is crispy, about 1 minute. If feeling clever, tip tofu up onto sides and cook until crispy. Transfer to a platter lined with paper towels to drain. Continue with remaining tofu, adding oil and adjusting heat as necessary between batches. Serve hot.

Excerpted from [350 Best Vegan Recipes by Deb Roussou](#) © 2012 Robert Rose Inc. www.robertrose.ca Reprinted with permission. All rights reserved.

### Wine pairings for Horseradish Mustard and Panko-Encrusted Tofu



#### Pinot Grigio Wines



#### Conte Dattimis-Maniago Colli Orientali...

\$27.29 and up

[View details and reviews »](#)



#### White Wines from Provence [Why?](#)



#### Riesling Wines from Alsace [Why?](#)

powered by  
**snooth**  
DRINK BETTER WINES

© 2012 Relish, Publishing Group of America

[Terms of service](#) | [Privacy guidelines](#) | [Publishing Partners](#) | [Circulation Sales](#) | [Advertise with us](#) | [Contact Us](#) | [Sitemap](#)

AmericanProfile  
CELEBRATING THE AMERICAN SPIRIT

relish

spry

pgoa | media