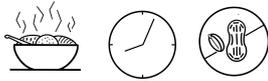


**BUFFALO STYLE
TOFU STICKS**



BUFFALO STYLE TOFU STICKS



SERVINGS **TIME** **NF**
 approx. 22 45 min
 tofu sticks

INGREDIENTS

1 block (450 g) extra firm tofu, cut into sticks about 5cm long and 1cm thick
 ¼ cup (30 g) cornstarch (or sub for arrowroot starch)
 ½ cup (120 mL) unsweetened plant-based milk

 ½ cup (55 g) bread crumbs
 1 tsp (2 g) paprika powder
 ½ tsp ground cumin
 ½ tsp garlic powder
 ¼ tsp black pepper

Buffalo Sauce

½ cup (120 mL) cayenne pepper hot sauce (we used Frank's Red Hot Sauce)
 3 Tbsp (40 g) vegan butter (or sub vegan margarine)
 ½ tsp onion powder

Vegan Ranch Dip

½ cup (120 mL) vegan mayo
 1 Tbsp (15 g) ranch spice mix
 2 Tbsp (30 mL) unsweetened plant-based milk
 ½ Tbsp (8 mL) lemon juice (the juice from about ¼ of a lemon)

Optional Garnish

DIRECTIONS

1. Preheat the oven to 430°F (220°C).
2. Press the tofu to drain off as much liquid as possible.
3. Prepare 3 large shallow bowls: the first one with corn starch; the second with milk; and the third with the mixture of bread crumbs, paprika powder, cumin, garlic powder, and pepper.
4. Dip the tofu sticks in cornstarch first, making sure to evenly coat. Use your hands to brush off any clumps of cornstarch; we only want a thin layer coating the strips.
5. Then dunk the strips into the milk, letting any excess liquid drip off, before transferring the strips to the breadcrumb mixture. Roll to evenly coat.
6. Transfer the coated strips to a parchment lined baking tray. Bake in the oven for 25 - 30 minutes, or until the sticks are golden, flipping once halfway.
7. Next, make the buffalo sauce. To a saucepan on medium-high heat, add the hot sauce, butter, and onion powder. Stir and cook until the butter has melted, then remove from the heat.
8. When the tofu sticks are finished baking, remove them from the oven. When they are still warm, but cool enough to handle, dip them into the buffalo sauce. Let any excess sauce drip off, before transferring the sticks to your serving plate.
9. To make the vegan ranch dip: mix all the ingredients together in a bowl.
10. Serve the buffalo tofu sticks with the vegan ranch, and enjoy them on their own, or serve them on a mini tortillas with some avocado, lettuce, and ranch mix drizzled otop. Enjoy!

NOTES

- **Storage:** tofu can be stored in an air-tight container in the fridge for up to 3 days.