



Gochujang Tofu

Gochujang Tofu is a flavorful dish featuring tofu tossed in a savory sweet blend of gochujang sauce, garlic, and sesame oil, perfect for a nutritious and spicy school lunch.

Preparation Time: 20 minutes (24 hour advance prep)

Cook Time: 30 minutes

CACFP Crediting Information:

½ cup serving provides 2 oz eq meat/meat alternate.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tofu, firm, drained	7 lbs	3 qts	14 lbs	1 gal 2 qt	1 Preheat oven: 425 °F conventional oven. 400 °F convection oven. 2 Open tofu and cut into medium-sized cubes and place it on a perforated sheet pan (18" x 26" x 1") OR a full-size perforated steam table pan (12" x 20" x 2 ½"). Cover tofu with parchment paper and place in the refrigerator overnight. For 25 servings , use 1 pan. For 50 servings, use 2 pans. 3 Remove tofu from cooler and place in a large bowl. Drizzle oil and sprinkle salt over tofu. Toss with a rubber spatula to evenly coat.
Oil, olive		4 Tbsp		½ cup	
Salt		½ tsp		1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cornstarch	3 oz	½ cup	6 oz	1 cup	4 Sprinkle cornstarch evenly over seasoned tofu. Toss gently and coat evenly.
Pan-release spray		1 spray		1 spray	5 Spread tofu evenly on a full sheet pan (18" x 26" x 1"), lined with parchment paper, and sprayed with a pan release spray to prevent sticking. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					6 Bake for 20 minutes or more until lightly golden brown. Browning is best when the drying process has removed most of the moisture. If browning has not occurred continue to cook for an additional 15 minutes. Transfer crispy tofu to a large mixing bowl, set aside for step 7. Critical Control Point: Heat to 135 °F or higher.
Ketchup	6 oz	½ cup	12 oz	1 cup	7 In a medium mixing bowl combine ketchup, vinegar, gochujang paste, brown sugar, garlic, soy sauce, and oil. Mix well until the ingredients are incorporated. Add water and continue to stir until well incorporated. Transfer to a medium-large saucepan and cook over medium-high heat for 4 minutes or until it bubbles. Reduce heat to low and simmer for 3 minutes, stirring often, or until sugar has dissolved and begins to thicken. If sauce is too thick, add a small amount of water to thin. If too thin, simmer 2 minutes longer to thicken.
Vinegar, apple cider	6 oz	¾ cup	12 oz	1 ½ cups	
Gochujang paste	5 oz	½ cup	10 oz	1 cup	
Sugar, brown	2 oz	¼ cup	4 oz	½ cup	
Garlic, minced	2 oz	¼ cup	4 oz	½ cup	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Soy sauce, low-sodium	1 ½ oz	3 Tbsp	3 oz	6 Tbsp	8 In a large mixing bowl combine tofu and sauce. Gently toss to coat evenly. Transfer tofu to a full-size steamtable pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Oil, sesame	1 ½ oz	3 Tbsp	3 oz	6 Tbsp	
Water	12 oz	1 ½ cup	1 lb 8 oz	3 cups	
Onion, green, fresh, with tops, thinly sliced	4 ½ oz	3 stalks	9 oz	6 stalks	9 Garnish with fresh sliced green onions, and sprinkle with sesame seeds. Critical Control Point: Hold for hot service at 135 °F or higher.
Sesame seeds	1 oz	3 Tbsp	2 oz	6 Tbsp	
					10 Serve ½ cup using a 4 oz spoodle.





NUTRITION INFORMATION

Serve ½ cup

NUTRIENTS

AMOUNT

Calories **193**

Total Fat **10 g**

Saturated Fat 1 g

Cholesterol **0 mg**

Sodium **340 mg**

Total Carbohydrate **14 g**

Dietary Fiber 2 g

Total Sugars 6 g

Added Sugars 4 g

Protein **12 g**

Vitamin A 2 RAE

Vitamin C 1 mg

Calcium 175 mg

Iron 2 mg

Source:

USDA Standardized Recipe Project — 2025

*MARKETING GUIDE

Food as Purchased for

25 Servings

50 Servings

Onions, green, fresh
with tops

4 ½ oz

9 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings

50 Servings

About 3 qts, 6 lbs 11 oz
1 steam table pan
(12" x 20" x 2 ½")

About 1 gal 2 qts, 13 lbs 6 oz
2 steam table pans
(12" x 20" x 2 ½")

