

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 meal served in the Child and Adult Care Food Program..

CACFP Crediting Information:

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



Preparation Time: 15 minutes
(12 hour advance prep)

Cooking Time: 20 minutes

Makes: 6 servings

Ingredients

2 qts 1 cup (1 lb 12 oz 2 blocks) Tofu, firm, drained

1 Tbsp olive oil

⅛ tsp salt

2 Tbsp 1 tsp (¾ oz) cornstarch

3 Tbsp (1½ oz) ketchup

3 Tbsp (1½ oz) vinegar, apple cider

2 Tbsp 1 tsp (1 ¼ oz) gochujang paste

1 Tbsp 1 tsp (¾ oz) sugar, brown

1 Tbsp (½ oz) garlic, minced

2 ¼ tsp soy sauce, low sodium

2 ¼ tsp sesame oil

⅓ cup (3 oz) water

Garnish:

¼ cup green onions, with tops, thinly sliced

1 ½ tsp sesame seeds

Directions

- 1 Preheat oven:
425 °F conventional oven.
400 °F convection oven.
 - 2 12 hours before preparing: Open firm tofu, drain, dice and place on a large plate lined with a paper towel. Cover tofu with a paper towel to absorb excess water overnight.
 - 3 Post draining, place tofu in a medium size mixing bowl. Drizzle olive oil and sprinkle salt over tofu. Toss with a rubber spatula to evenly coat.
 - 4 Sprinkle cornstarch evenly over seasoned tofu. Toss gently and coat evenly.
 - 5 Spread tofu evenly on a baking sheet or half sheet pan (18"x13"x1") lined with parchment paper and spray with a pan release spray to prevent sticking.
 - 6 Place tofu on parchment paper and 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 to achieve crispiness continue to cook for an additional 10 minutes. Transfer crispy tofu to a large mixing bowl. Set aside for step 8.
- Critical Control Point:**
Heat to 135 °F or higher.
- 7 In a medium mixing bowl combine ketchup, vinegar, gochujang paste, brown sugar, garlic, soy sauce, and sesame 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 until it bubbles. Reduce heat to low and simmer, stirring often for 1 minute 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.



NUTRITION INFORMATION

Serve ½ cup

NUTRIENTS	AMOUNT
Calories	200
Total Fat	10 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	343 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars	5 g
Protein	12 g
Vitamin A	3 RAE
Vitamin C	1 mg
Calcium	181 mg
Iron	2 mg

Directions continued..

- 8 In the large mixing bowl that contains the tofu, add the sauce, and gently toss to coat evenly. Transfer to a serving bowl. Garnish with fresh thinly sliced green onions, and sprinkle with sesame seeds.
- Critical Control Point:**
Hold for hot service at 135 °F.
Serve ½ cup firmly packed, using a ½ cup spoodle.

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information 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.

Source:

USDA Standardized Recipe Project — 2025

