



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

NSLP/SBP Crediting Information:

½ cup provides 2 oz eq meat/meat alternate.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tofu, firm, drained	14 lbs	1 gal 2 qt	28 lbs	3 gal	1 Preheat oven: 425 °F conventional oven. 400 °F convection oven. 2 Open tofu and cut into medium-sized cubes and place 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 50 servings , use 2 pans. For 100 servings, use 4 pans.
Oil, olive		½ cup		1 cup	3 Remove tofu from cooler and place in a large mixing bowl. Drizzle oil and sprinkle salt over tofu. Toss with a rubber spatula to evenly coat.
Salt		1 tsp		2 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cornstarch	6 oz	1 cup	12 oz	2 cups	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 50 servings, use 2 pans. For 100 servings, use 4 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	12 oz	1 cup	24 oz	2 cups	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	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Gochujang paste	10 oz	1 cup	1 lb 4 oz	2 cups	
Sugar, brown	4 oz	½ cup	8 oz	1 cup	
Garlic, minced	4 oz	½ cup	8 oz	1 cup	





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Soy sauce, low-sodium	3 oz	6 Tbsp	6 oz	12 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 50 servings, use 2 pans. For 100 servings, use 4 pans.
Oil, sesame	3 oz	6 Tbsp	6 oz	¾ cup	
Water	1 lb 8 oz	3 cups	3 lbs	1 qt 2 cups	
Onions, green, fresh, with tops, thinly sliced	1 ½ cup	6 stalks	3 cups	12 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	2 oz	6 Tbsp	4 oz	⅓ cup	
					10 Serve ½ cup using a 2 oz spoodle.





NUTRITION INFORMATION

Serve ½ cup

NUTRIENTS

AMOUNT

Calories **187**

Total Fat **10 g**

Saturated Fat 1 g

Cholesterol **0 mg**

Sodium **327 mg**

Total Carbohydrate **13 g**

Dietary Fiber 2 g

Total Sugars 5 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

50 Servings

100 Servings

Onions, green, fresh
with tops

9 oz

1 lb 2 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

50 Servings

100 Servings

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

About 3 gal, 26 lbs 12 oz
4 steam table pans
(12" x 20" x 2 ½ ")

