



Barbecue Tofu Bowls with Farro and Shaved Veg

Time: 30 mins

Serves 4

1 ½ cups pearled farro

Salt

2 tablespoons plus 2 teaspoons apple cider vinegar

One package extra-firm tofu

¼ cup barbecue sauce, plus more for serving

1 tablespoon garlic powder

1 tablespoon smoked paprika

2 tablespoons neutral oil, such as canola or sunflower

2 cups shaved or very thinly sliced crisp vegetables, such as fennel, carrots, radishes, kohlrabi, or white cabbage

2 tablespoons mayonnaise

2 tablespoons chopped tender herbs, such as fennel fronds, dill, cilantro, basil, or chives (optional)

Cook the farro

Bring a medium pot of water to a boil over medium high heat and add ½ teaspoon salt and 2 tablespoons apple cider vinegar. When the water boils, add the farro, and cook until tender, 18 to 20 minutes.

Drain the farro into a colander and let cool to warm.

Meanwhile, prep the tofu

Drain the tofu if it's packed in water and dry with paper towels.

Cut the tofu in half lengthwise and then cut the halves in quarters so you have eight thicker chunks of tofu. Dry the slabs with paper towels again and transfer to a plate.

Brush the tofu all over with barbecue sauce.

Cook the tofu

On a small plate, toss together the garlic powder, smoked paprika, and ⅛ teaspoon salt.

Dredge half the tofu pieces in the seasonings so they're coated on the two bigger sides.

In a nonstick skillet, heat the oil over medium heat. Add the tofu and cook until a bit crusty looking on the bottom, about 2 minutes. Flip and cook until crusty and darkened and warmed through, about 2 minutes longer. Transfer to a plate and repeat with the remaining tofu.

Dress the shaved vegetables and serve.

In a medium bowl, whisk together the mayo with 2 teaspoons of the vinegar.

Add the shaved vegetables and toss. Season with a pinch of salt and some freshly ground pepper.

Transfer the farro to bowls. Top with the tofu and shaved vegetables. Garnish with herbs, if using. Drizzle the tofu with a bit more barbecue sauce and serve more at the table.

The short version

- Cook the farro with ½ teaspoon salt and 2 tablespoons vinegar.

- Dry the tofu, cut into 8 chunks, and brush with barbecue sauce.
- Toss the garlic powder with smoked paprika, and $\frac{1}{8}$ teaspoon salt. Coat the larger sides of the tofu with the seasonings and cook in oil in a nonstick skillet.
- Whisk together the mayo and 2 teaspoons vinegar and toss with the shaved vegetables. Serve with the farro, tofu, and more barbecue sauce.

Swaps

- Instead of farro, use pearled barley.
- Instead of apple cider vinegar, use white wine, Champagne, or rice vinegar.
- Instead of barbecue sauce, use your favorite bottled marinade.
- Instead of smoked paprika, use regular paprika.
- Instead of garlic powder, use onion powder or ground cumin.

Bonus points

- For a real char on the tofu, you could grill it or broil it. Be sure to oil the grill grates well and get them hot before adding the tofu to prevent sticking.
- If you want some extra heat, season your barbecue sauce with cayenne or black pepper or add some fresh or pickled chiles to the shaved veggie salad.
- If you're grilling, could add some grilled veggies to the bowl as well the way Susan does.