

**Air Fryer Buffalo Tofu**  
**Quilt and Café**  
**July 15, 2021**

**Ingredients**

1 - 13 oz. block of extra firm tofu  
1/2 c. coconut flour  
2 Tbsp. cornstarch  
1 tsp. garlic powder  
1/4 tsp. cayenne pepper  
1/4 tsp. black pepper  
1/4 tsp. salt  
3 eggs, beaten  
2 cups Panko bread crumbs  
3/4 cup Franks Buffalo sauce  
1/4 cup unsalted butter  
2 Tbsp. Tabasco sauce  
2 Tbsp. dark brown sugar  
2 tsp. apple cider vinegar

**Method**

Take the tofu and place it on at least 3 layers of paper toweling and onto a plate. Cover with another 3 ply of paper towels and invert another plate on top. Place a heavy object such as a large can on top. Let it sit for at least 30 minutes. This will drain additional water. (I drained mine overnight in the fridge) Start to get your dredging station together. You will need 3 shallow bowls. In the first bowl combine the coconut flour, cornstarch, garlic powder, cayenne pepper, black pepper and salt together with a fork. In the second bowl whisk your eggs together along with two tablespoons of water. In the third bowl, pour in your breadcrumbs. Now go back to the tofu. Cut the block into bite sized pieces. I cut it into 20 pieces, then cut each piece in half giving me a total of 40 pieces. Start by placing a handful into your flour, toss them around to make sure they are coated well. (Keep one hand dry and one hand in the mix) Shake off excess flour and move the tofu into the egg mixture, you will need a fork to turn them so each side gets coated. Pick the pieces up with the fork, letting them drain and toss them into the breadcrumbs, making sure to turn and press so each side gets coated.

Place the coated pieces onto a baking sheet and move on to finish the rest. Once you are finished, place the baking sheet into the fridge while you make your sauce, this will set the coating.

In a 1 quart saucepan, melt the butter on low heat, add the buffalo sauce, tabasco, dark brown sugar, and vinegar. Stir to combine well and set aside. Remove the tofu from the fridge and place half the pieces onto a rack of your air fryer. Depending on the type of air fryer you have will determine how you proceed. If you have the basket style, I recommend turning the pieces at the halfway point. If you have open racks no need to turn as the air will flow all around the pieces. Place the pieces on the rack without letting them touch each other. Set your air fryer to 400 degrees and bake for 15 minutes. Once complete, put the pieces into a bowl and ladle the sauce over and toss until they are coated. Complete the process until all pieces are cooked. Serve with your favorite dipping sauce. We love ranch or bleu cheese. Enjoy!