

## Mango Tofu skewer



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### This recipe is available for:

- Convotherm 4
- Convotherm maxx pro

### Accessories:

- 1/1 GN Grill grate with cross pattern, non-stick coating, Flat, 3055636
- 1/1 GN Baking/frying basket, non-stick coating, 40 mm deep, 3055637

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- Chilled 4°C
- 1 Full Tray
- From Scratch

### Stage 1 0 °C

- Smoke
- 02:00 | -
- 5

### Stage 2 235 °C

- Convection
- 00:07 | -
- 5
- 5

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### Ingredients

800 g	Tofu
2 pcs	Large mangos
100 ml	Olive oil
100 ml	Tomato paste
100 ml	White balsamic vinegar
100 ml	Soya sauce
0,5 pcs	Chilli pod
2 tbs	Salt
1 tsp	Black pepper
0,5 tsp	Curry powder
2 tbs	Liquid honey

### 1. Food Preparation

Mix all marinade ingredients together. Cut the tofu into 3 cm cubes. Then marinate for 3-4 hours. Now put the tofu into a baking/frying basket for smoking. 1. Fill the smoking box with three wood brisquettes and place the box on the heating element. 2. Place the tofu in the baking/frying basket into the Convotherm. 3. Smoke for 2 hours After smoking take the tofu out and remove the smoker box. Put the Convotherm into preheating to 235°C together with the empty grill griddle. Peel the mango and cut the pulp into cubes. Thread tofu and mango cubes alternately onto wooden skewers. Lay the skewers on the hot grill griddle. Barbecue the skewer in the Convotherm in convection air by 235°C for 7 min .

### 2. Cooking Instruction

Always preheat the grill griddle for short cooking items. So you will get better marks on the product, without overcooking it.

### 3. Food Serving Instruction

We recommend serving with tofu-courgette rolls, chickpea ragout and salad.