

## How To Freeze Tofu

Frozen tofu needs to get more attention! It's great for achieving a "meaty" texture, while helping marinades vein throughout the tofu. Freeze that tofu block and make something delicious!

Servings: 4

### Ingredients

- 1 Block Tofu

### Instructions

1. Either keep the fresh tofu in the original packaging or remove the tofu and transfer to a freezer-safe container or bag. Freeze the tofu block for at least 24 hours. Tofu may be kept frozen for longer.
2. When the tofu is done freezing, it's time to thaw. Remove tofu block from the freezer and go for 1 out of 3 ways to thaw or defrost frozen tofu.

### Thaw Frozen Tofu on Countertop

1. You can thaw frozen tofu on the countertop at room temperature. It will take about 6 hours or so, depending on a few factors.

### Thaw Frozen Tofu In The Refrigerator

1. Chuck your frozen tofu into the refrigerator to thaw overnight or during the day. This defrosting method will take about 8 hours or so.

### Thaw Frozen Tofu In The Microwave

1. If you need your frozen tofu to thaw ASAP, you can zap it in the microwave. This method will take about 8-12 minutes. Check on it to see if has been completely thawed in the middle.
2. Once the frozen tofu has been thawed all the way through, allow cooling for a couple of minutes, as it will be too hot to handle.

### Store defrosted Tofu Up to a Week in the Refrigerator

If you're going to eat the **tofu** within a week, you can **refrigerate** it. Cover the **tofu** with cool, preferably filtered, water and **store** it in a tightly sealed container or the tub it came in covered with plastic wrap. Change the water daily to **keep** the **tofu** moist and fresh.

[28 Best Tofu Recipes - Easy Vegetarian Recipes With Tofu](https://www.goodhousekeeping.com/recipes/vegetarian-recipes/28-best-tofu-recipes/)

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