Grilled “Salmon” Tofu with Creamy Dill Sauce

A fresh, smoky, and ocean-inspired main dish — beet-marinated tofu fillets finished with a bright, tangy dill sauce. A tofu salmon gathering with family and friends. Cut the tofu in squares, rectangles or triangles – whatever you prefer!

Ingredients:

Creamy Dill Sauce



- 1/2 cup raw cashews, soaked for 4 hours and drained
- 2 tbsp white wine vinegar or apple cider vinegar
- 1/4 cup water (adjust to desired consistency)
- 2 tbsp chopped fresh dill pickles
- 2 tbsp fresh dill, chopped
- Salt, to taste
- 1 tsp maple syrup or other sweetener (optional, to round out acidity)

Salmon Tofu



- 1 block (400–450 g) firm or extra-firm tofu, drained and patted dry
- 1/2 cup canned beet juice (or juice from cooked beets)
- 3 tbsp Dijon mustard
- Juice of 1 fresh lemon
- 1 tbsp tamari or gluten-free soy sauce
- 1 tbsp maple syrup (optional, for balance)
- ¼ cup tahini (in place of oil)
- 1 bay leaf
- 1/2 tsp dried thyme
- 2 tsp seafood seasoning (e.g., Old Bay)

Instructions:

1. Slice into filets into squares, rectangles, or triangles.

2. Make the sauce. Blend beet juice, Dijon mustard, lemon juice, tamari, maple syrup, tahini, bay leaf, thyme, and seafood seasoning on low speed, then increase to high for about a minute.
3. Place the tofu fillets in a 9 x 13-inch pan. Cover with marinade for at least 2 hours (or overnight) in the fridge.
4. Prepare creamy dill sauce. Blend the soaked cashews with vinegar, water, pickles, fresh dill, salt, and sweetener until smooth. Adjust seasoning as needed.
5. Preheat grill to medium heat. Lightly oil the grates or use a grill mat.
6. Grill tofu about 7-10 minutes per side on low heat, basting with leftover marinade. Remove when nicely marked and heated through. Serve with Creamy Dill Sauce.
7. Serve tofu fillets warm, topped with dill sauce. Serve with grilled potatoes and a big salad, grilled asparagus or other green vegetables.

