



Tami Yamamura - Tofu Aburaage & Mushroom Poke
with Namasu

RECIPE DETAILS

Ingredients

- 1 - 14 ounce package of firm tofu
- 1 - English cucumber (6 inches)
- 1 - 3.5 ounce bag of organic Bunashimeji mushroom (Beech mushroom)
- 1 - small red onion (sliced thin to make approximately 1/4 cup)
- 4 cups neutral oil for deep frying (ie: canola, vegetable)
- $\frac{3}{4}$ cup potato starch
- 2 T chopped green onions (garnish)
- $\frac{1}{2}$ t roasted white sesame seeds (garnish)

Namasu Sauce

- $\frac{1}{2}$ t sea salt (to prep cucumber only)
- 1T white granulated sugar
- 1T Japanese rice vinegar

Poke Sauce

- 4T good quality sesame oil
- 1 T white sugar
- 2 T shoyu
- 1 T ground roasted white sesame seeds

Instructions

Tofu - Cut the block of tofu into $\frac{3}{4}$ inch cubes. Put cubes in a container lined with paper towel. Let sit in the fridge for 20 min to let out excess water. Cucumber - Slice the cucumber into thin rounds (use a mandoline for uniform slices). Toss with $\frac{1}{2}$ t of sea salt and let sit in a bowl in the fridge for 20 min to release water. After 20 minutes, squeeze gently in paper towel to remove excess water. Add namasu sauce ingredients to the cucumber slices. Set aside.

Mushroom - cut off the inedible bottom portion of the mushroom cluster and pull apart each mushroom gently to separate into individual pieces.

Toss tofu and mushroom in potato starch, shake off excess starch Heat up oil in a wok then deep fry tofu and mushrooms on medium high heat in small batches until tofu is crispy and mushrooms are slightly browned. Let cool on paper towel to absorb excess oil. Once cooled, arrange on a serving platter.

In a small bowl, mix together the poke sauce ingredients, stirring until sugar is completely dissolved. Add red onion to the poke sauce and mix to incorporate. Drizzle poke sauce and onion mixture over the cooled tofu and mushrooms. Garnish with green onion and sesame seeds and plate with namasu on the side.