

Tofu Steak with Miso Mushrooms

Swick

Makes 2 servings | Active Time: 20 minutes | Total Time: 25 minutes

Making the Dish

Coat the wet tofu with flour.

In a sauté pan over medium-high heat, brown tofu in vegetable or soybean oil for 3-4 minutes per side.

In separate pan, sauté mushrooms, mirin, ginger, miso, and pepper flakes in sesame oil over medium heat for 3-4 minutes or until the mushrooms are cooked.

When done, turn off heat and add leeks or green onion to the pan, mixing to combine.

Place two pieces of tofu per plate and cover with seasoned mushrooms.

Garnish with cherry tomato halves.

Step 1: Making the Dish

- 1/2 pound firm tofu, sliced into four square pieces
- 1 tablespoon all-purpose flour
- 1 tablespoon vegetable or soybean oil
- 1 1/2 cups shiitake mushrooms
- 1 tablespoon mirin
- 1 teaspoon grated ginger
- 1 tablespoon red miso paste
- 1/4 teaspoon red pepper flakes
- 1 tablespoon sesame oil
- 1/2 cup chopped leeks or green onion
- Cherry tomato halves, for garnish