
Tofu Foo Yung

Description

One of my “dine out” favorites converted to an easy “make at home” staple; these patties are full of flavor with crunchy vegetables and topped an umami packed mushroom sauce.

Total time: 45 min Yield: 4 servings

Ingredients

1 clove garlic (minced + to taste)
1 tsp ginger (minced + to taste)
1/2 cup snow peas (sliced thin)
4 Tbsp green onion (chopped and divided)
3/4 cup sliced water chestnuts
1 Tbsp + 1 tsp. sesame oil (divided)
1 1/2 cup firm tofu (drained and dried well)
1/4 to 1/2 cup rice flour
1/2 tsp baking powder
1 tsp salt
1/2 cup mung bean sprouts (cut up a bit, optional)
1 cup water
2 Tbsp shoyu
1 Tbsp arrowroot or cornstarch
1 tsp rice vinegar

Prep Time: 15 min Cooking Time: 30 min Total Time: 45 min

Instructions

Sauté garlic, ginger, snow peas, 1/2 cup sliced shiitake mushrooms, 2 tbsp. green onions, and water chestnuts in pan with 1 tbsp. sesame oil until crisp tender. Remove and set aside.

Preheat oven to 350°F. Process or mash the tofu to create a smooth and creamy consistency. Add in the rice flour, baking powder and salt. Add more rice flour if tofu is too sticky.

Add in the mung bean sprouts to the sautéed vegetables and mix well. Form the vegetable mixture into 1/2" patties and place on a parchment-lined baking sheet. Bake for 20 minutes, then flip over and cook 10 minutes more or until firm and browned a bit.

While patties are baking, make the sauce. In a small bowl, combine 1 cup water, 2 tbsp. shoyu, 1/4 cup chopped shiitake mushrooms, minced garlic, ginger to taste, 1 tbsp. arrowroot or cornstarch, 1 tsp.

sesame oil, 1 tsp. rice vinegar and 2 tbsp. green onions.

Heat in a small pot, whisking often, until thickened. To serve, place tofu patties on a plate and cover with the sauce. Good with a side of rice.

Recipe brought to you by:

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