
Tofu Musubi

Description

Going vegan or plant based is easier than ever with this tasty riff on a local favorite! Add on the nutritional benefits of soy based tofu and you're on your way to a healthier lifestyle. This is one of Chef Michi's best sellers and here she shares her recipe!

Total time: 1 hr 25 min Yield: 8 servings

Ingredients

1 cup shoyu
1 cup water
1/4 cup fresh garlic (finely minced)
1-1" pieces fresh ginger (skin on, lightly pounded)
1/4 cup white sugar
1/4 cup golden brown sugar
1 tsp sesame oil
4 pieces yakidofu fried tofu (sliced)
cornstarch (mixed with water to make a thin, pourable slurry)
cooked white rice
nori sheets (cut into thick strips)

Prep Time: 1 hr 15 min Cooking Time: 10 min Total Time: 1 hr 25 min

Instructions

Combine the shoyu, water, garlic, ginger, white sugar, brown sugar and sesame oil, mix well to make the sauce (you will have extra—use it for more musubi or use wherever you need a pop of Asian flavors). Poke the white, unfried side of the tofu with a fork to allow the sauce to permeate the tofu. Place white side down in a rimmed pan or shallow container and add enough strained sauce to cover the entire bottom (sauce does not need to cover the top of the tofu). Ideally soak overnight in the refrigerator but if pressed for time, at least an hour.

Transfer the tofu and sauce into a medium size frying pan and set stove temperature to medium to allow the sauce to come to a medium simmer. Thicken the sauce with the cornstarch slurry (add a little at a time and let the sauce thicken slowly). Use a musubi maker to shape the rice. Top rice with a spoonful of sauce, place the tofu on top, and wrap with nori.

Recipe brought to you by:

Chef Michi Holland