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by ewfood

Crispy tofu



Ingredients

1lb extra firm tofu, rinsed, pressed between two plates for a few minutes, and patted dry with a towel
olive oil
8 shiitake mushrooms, sliced
2 pkt. enoki mushrooms, stems trimmed
5 baby bok choy, ends trimmed
2fl oz. soy sauce
1fl oz. rice wine vinegar
1oz. honey
1fl oz. water
1fl oz. sesame oil
1½ teaspoons red pepper flakes
0.5oz. roasted sesame seeds, pulsed in a food processor
1.5oz. spring onions, thinly sliced
Servings
3
Person

Preparation

1. Slice the tofu into squares and season both sides with salt and pepper
2. Heat the olive oil over medium heat in a cast-iron skillet
3. Add tofu and cook, undisturbed, for 4-5 minutes, until crispy and browned
4. Flip the tofu and cook the other side until crisp, remove from stove and drain on a paper towel
5. In the same skillet, add the bok choy and mushrooms over medium high heat, stir fry until cooked through
6. Meanwhile, combine the soy sauce, rice wine vinegar, honey, water, sesame oil, red pepper flakes, sesame seeds, and green onions in a small pan and cook over medium heat for about 3 minutes, until heated
7. Divide the tofu between three plates. Top with mushroom and bok choy, and spoon some soy sesame sauce over the top to serve.

Cooks Note

Serves 3