



---

Posted on 17 September 2012  
*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