

Japanese recipe

'Age-dashi Tofu (Fried Tofu)'



*Tofu is a healthy
and delicious*

Japanese food.

It is best served hot.

Ingredients (Serves 2)

- 350g Tofu
- 1 piece of spring onion
- Pinch of ginger
- 50g Chinese radish
- Pinch of starch or flour
- 2 teaspoons salad oil
- 1/2 teaspoon *Dashi* (instant bouillon) *optional
- 150ml water
- 1 tablespoon soy sauce
- 1 tablespoon *Mirin* (sweet Sake) *optional

Method

1. Cut Tofu into 6 pieces. Drain in a colander for 5 minutes.
2. Slice spring onion thinly. Grate the ginger and Chinese radish.
3. Wipe each tofu piece dry with a paper towel. Dredge them with starch (or flour) and flap them to remove excess starch.
4. Regulate frying oil to 175 degrees in a pan and put Tofu pieces in individually.
5. Remove tofu pieces from oil when they start to get golden brown and float, in 1 or 2 minutes.
6. Place dashi, water, soy sauce and Mirin into another pan. After it boils, wait 30 seconds, and take it off the flame.
7. Place tofu pieces in serving dishes, pour the liquor over the them. Serve with the condiments.

Put lots of love in when you cook and enjoy your delicious *Age-dashi Tofu*.