



TOFU STEAK

(SERVES 4)

INGREDIENTS

400g firm tofu, made with
Pink Lake Nigari

1 bunch fresh baby spinach,
washed and dried

4 slices bacon, cut into 5 cm strips

1 tsp Sake

2 tabs. soy sauce

2 tabs. butter and oil for frying

2 tabs. of cornflour, for dusting

METHOD

Wrap the tofu in a paper towel and stand for 1 hour to firm up.

Cut the tofu into 4 equal pieces.

Dust with cornflour.

Heat the oil and butter in a frypan and sauté the tofu until lightly browned.

Drain on kitchen paper.

Put the tofu onto 4 warmed plates.

Put 1 tablespoon of vegetable oil in a frying pan on high heat.

Cook the bacon and spinach until the bacon is browned and the spinach is wilted.

Pour the soy sauce and sake into the pan and mix together.

Heat through.

Pour the sautéed bacon, spinach and sauce over the tofu steaks.

Pink Lake Nigari an organically certified coagulant to enhance your Tofu making.

