

AGEDASHI TOFU

(SERVES 4)

INGREDIENTS

- 450g firm Tofu, made with *Pink Lake Nigari*
- 2 tabs cornflour
- Oil for frying
- 2 spring onions, finely sliced
- 1 small carrot, cut into very fine julienne
- 1 sheet nori seaweed, very thinly sliced
- 250ml dashi soup stock (water +1 tsp dashi powder)
- 1 tabs soy sauce
- 1 tsp mirin or ½ tsp sugar



METHOD

Drain the Tofu for one hour on kitchen paper to dry out a little.

Cut the tofu into 8 even pieces.

Coat the pieces of tofu in the cornflour.

Heat the oil and fry the tofu until lightly browned.

While the tofu is frying make the soup.

Add the water, dashi powder, soy sauce and mirin (or sugar) into a saucepan and bring to the boil.

Put 2 pieces of Tofu into 4 bowls.

Add some soup to each bowl.

Sprinkle over the spring onion, carrot and seaweed.

Serve immediately.

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