

AGEDASHI TOFU

3-4 servings

INGREDIENTS

1 Block firm tofu, in large cubes 1" square
~1-2 Stems of green onion, chopped
1 Small packet (2.5 grams) of bonito flakes (katsuobushi)
Potato starch or cornstarch for dusting tofu
Oil for frying, enough for about 1/2 inch deep

INGREDIENTS FOR THE SAUCE

1/2 C Water
1/4 C Sake
1/4 C Soy sauce or tamari sauce
1/8 Tsp Powdered dashi
1 Tbs Sugar

DIRECTIONS

Prepare the tofu and green onions

Cut the tofu into 1 inch cubes. To remove water, press the tofu by lining a large plate with several paper towels. Next, place the tofu on top of the paper towels neatly and close together in one layer. Place several more paper towels on top of the tofu and put a plate on top. (Like a sandwich!) Now add some weight to help press the water out. (I use 2-3 Pyrex containers.) Leave for about 20-30 minutes.

Clean and chop the green onions and set aside.

Prepare the sauce

Add the water, sake, soy sauce, dashi, and

sugar to a small pot. Bring to a simmer then cover and set aside.

Fry the tofu

After 20-30 minutes, remove the top plate and top layer of paper towels. Put 2-3 spoonfuls of starch in a small bowl, take a cube of tofu and coat each side. Set aside on a clean dry plate. (Be sure the pieces do not touch to avoid sticking to each other.) Repeat with the remaining tofu.

Once all tofu is coated, fill a heavy gauge pot with ~1/2 inch of oil for frying.

Heat the oil on medium high. Check periodically by lightly pressing the tips of chopsticks to the bottom of the pot. If the oil bubbles quickly around the tips then the oil is ready. If you are not sure, stick one piece of tofu in the pot. It should bubble quickly if ready and if not, that's okay. It is better to be under the right temperature than too hot. Too hot will burn the outside of the tofu.

When oil is ready, fill the pot with tofu but do not overcrowd. Be sure to let the tofu fry a bit initially. Otherwise, the pieces will stick together when moved.

Unstick any pieces from the bottom, move tofu around to cook evenly. Fry to a nice golden color. Once golden, place on the lined baking sheet with the cooling rack. Continue until all the tofu is fried. Reheat the sauce.

Place tofu in individual bowls or in a larger shallow bowl. Pour the sauce over the tofu, then sprinkle the bonito flakes on top and follow with the green onions. Enjoy!