

Crispy Tofu with Miso Dressing

~ Julie Davis, Quabbin Harvest

<http://quabbinfoodconnector.org/recipes/crispy-tofu-with-miso-dressing/>

Prep time: 15 mins / Cook time: 15 mins / Total time: 30 min

INGREDIENTS

for the tofu:

1 block (about 14 ounces) extra-firm tofu

3 tablespoons cornstarch

1/4 cup soy sauce

Neutral oil for frying (for example, safflower, canola, or vegetable oil)

for the dressing:

1/4 cup of white miso paste

1/4 cup of nutritional yeast

1/3 cup of neutral oil (avocado oil, vegetable oil) 1/4 cup of water

3 tbsp of soy sauce

3 tbsp of maple syrup

1 garlic clove minced

1 tbsp of grated fresh ginger

2 tbsp of lime juice

To make the dressing, put all ingredients in a blender and blend for two minutes.

Drain the tofu and slice into two or three even slabs (depending on the shape of your tofu block, each slab should be about 3/4 to 1 inch thick). Lay some paper towels or a clean tea towel on a flat surface, and place the slabs side by side on top of the paper towels. Cover with another layer of paper towels. Then place a cutting board on top of the tofu, and stack a bunch of heavy cans or pots or whatever you can safely balance on the cutting board. The idea is to put a lot of pressure/weight on the tofu, which will help the excess water to press out into the paper towels. Let the tofu drain for at least 15-30 minutes.

Meanwhile, heat your oil 1/2 inch deep in a skillet over medium heat. You'll know it's ready when it reaches 400° or when bubbles appear if you put the end of a wooden spoon into the oil.

Once the tofu has drained, remove the weights and paper towels and cut the slices into your desired shapes. I typically just make little cubes (about 3/4-inch each), but you can cut any size of triangles, rectangles, or other shapes that you'd like.

Add your tofu to a large mixing bowl. Drizzle with soy sauce and toss to coat. Sprinkle evenly with cornstarch and gently toss until the tofu is evenly coated.

When oil is ready, fry in small batches, taking care to cook evenly on each side about 5 minutes. Drain on paper towel and toss with miso dressing. Serve over rice or enjoy it on its own.