

Sweet Tofu Salad

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● Ingredients (servings 3)

A pack (14 oz.) Firm Tofu

Half bunch Fresh Spinach

1 Carrot

3 pieces Dried Shiitake Mushrooms

1 Tbsp. White Sesame

2 Tbsp. Sugar

2 Tbsp. plus 2 separate tsp. Soy Sauce

½ tsp. Salt (total)

1 tsp. Cooking Sake

2 cups Water (including leftover from soaking shiitake mushrooms)

● Drain Tofu



Wash a pack (14 oz) of firm tofu with running water and place on paper towels.

Wrap the tofu with paper towels and place on a plate.

Put another plate on the tofu.

Place some bottles of water as a weight on top and let sit for 30 minutes to drain the tofu.

● Prepare Simmered Vegetables



Soak 3 dried Shiitake mushrooms in 1 cup of cold purified water and put in the refrigerator for 24 hours (start soaking the day before you want to cook the meal)

※After soaking, keep the 1 cup of water you used to soak the shiitakes.



Cut off the shiitakes' hard tips and dice the mushrooms into little pieces.



Slice a peeled carrot.



In a sauce pan, combine 1 cup of water and 1 cup of the water used for soaking the shiitake mushrooms.

Add the diced shiitake mushrooms and the sliced carrot to the pan.

Season with 1 tsp. of cooking Sake, 2 tsp. of soy sauce and $\frac{1}{4}$ tsp. of salt.

Cook over high heat until it boils.

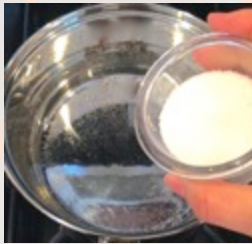
When it boils, turn the heat down to medium and simmer for 3 minutes.

After the 3 minutes, drain the vegetables in a strainer and set aside.

● Prepare Spinach



Wash half of a bunch of fresh spinach.



Boil salt water.



Boil the spinach for 2 minutes over high heat.



During boiling, prepare cold ice water in a bowl.



After the 2 minutes boiling, transfer the spinach into the cold ice water for a couple of minutes.



Squeeze the spinach tightly with your hands and cut into 1 inch wide pieces.

● Season Tofu



Crumble the drained tofu using your hand roughly in a bowl.

Season with 1 Tbsp. of white sesame, 2 Tbsp. of sugar, 2 Tbsp. of soy sauce and $\frac{1}{4}$ tsp. of salt.

Mix well.

● Toss Everything



Add the drained simmered vegetables and the cut spinach to the bowl.



Toss gently with a spoon.

Place on a plate and serve.

