

Tofu Steak with Vegetable Sauce

豆腐ステーキ

● Ingredients (servings 2)

7 oz. (half pack) Firm Tofu

½ Green Bell Pepper

4 Baby Bella Mushrooms

1 clove Garlic

½ cup Fish or Kelp Dashi Stock

2 Tbsp. Soy Sauce

2 Tbsp. Cooking Sake

2 Tbsp. Vegetable Oil

Salt and Pepper (for seasoning)

1 tsp. Potato Starch (for slurry)

2 tsp. water (for slurry)

● Tofu



Cut 7 oz. Tofu into about 2×3 inch-pieces.

Season the tofu with some salt and pepper.

Heat 2 Tbsp. of vegetable oil in a pan.
Cook each side of the tofu for 5 minutes over medium heat.
Set aside.

● Sauce



Slice 4 pieces of washed mushrooms and $\frac{1}{2}$ washed cored green bell pepper.



Sauté the vegetables for 5 minutes over medium heat in the pan used for cooking the tofu.



Add $\frac{1}{2}$ cup of Dashi stock, 2 Tbsp. of soy sauce and 2 Tbsp. of cooking Sake.
Simmer for another 5 minutes over medium heat.

● slurry



In a small bowl, combine 1 tsp. of potato starch and 2 tsp. of water. Mix well.



Add the slurry to the pan and stir for 2 minutes over medium heat.



Pour the sauce on the tofu.
Enjoy!!