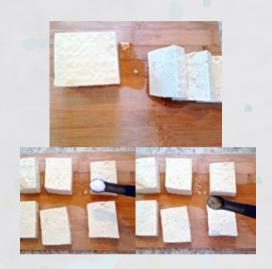
Tofu Steak with Vegetable Sauce

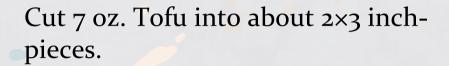
豆腐ステーキ

• 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





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 ½ washed cored green bell pepper.



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



Add ½ 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!!