



Tofu Dengaku

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup katsuobushi dried shaved
- 3 kombu dried (seaweed)
- 20 ounces tofu drained well
- 0.3 cup soy sauce light
- 0.3 cup rice wine sweet (Japanese rice wine)
- 0.3 cup miso paste red
- 3 tablespoons rice wine divided
- 10 servings sesame seed toasted

- 1 tablespoon shiso leaves chopped
- 7 teaspoons sugar divided
- 4 cups water
- 0.3 cup miso white
- 0.5 teaspoon yuzu kosho finely grated

Equipment

- baking sheet
- sauce pan
- aluminum foil
- broiler
- skewers
- slotted spoon

Directions

- Bring 1 1/2 tablespoons sake just to boil in small saucepan.
- Remove from heat.
- Mix in white miso and 1 teaspoon sugar.
- Mix in yuzu and shiso, if desired. Set white miso sauce aside.
- Bring remaining 1 1/2 tablespoons sake just to boil in another small saucepan.
- Remove from heat.
- Mix in red miso and remaining 6 teaspoons sugar. Set red miso sauce aside.
- Combine 4 cups water and dashi-kombu in medium saucepan. Bring just to simmer over high heat, then immediately remove broth from heat (to prevent dashi-kombu from becoming bitter).
- Add bonito; let stand until bonito settles at bottom of pan, about 20 minutes.
- Strain broth into large saucepan.
- Mix in soy sauce and mirin. Bring to boil. Reduce heat and simmer 10 minutes to blend flavors. Set broth aside.

- Line large rimmed baking sheet with foil.
- Cut tofu into 2 x 1 x 1/2-inch rectangles.
- Add tofu rectangles to broth and simmer over medium-low heat 10 minutes to flavor tofu. Using slotted spoon, carefully remove tofu rectangles and place on prepared baking sheet. Cool tofu. DO AHEAD: Sauces and tofu can be made 2 hours ahead.
- Let stand at room temperature.
- Preheat broiler. Starting at 1 short end of tofu, insert skewer through center, extending to opposite short end. Repeat with remaining tofu and skewers.
- Brush half of tofu pieces (top only) with red miso mixture.
- Brush remaining tofu pieces (top only) with white miso mixture.
- Place sheet of foil over exposed portion of skewers to prevent burning. Broil tofu 6 to 8 inches from heat source until golden brown and charred in spots, watching closely, 2 to 4 minutes.
- Remove foil.
- Transfer skewers to platter.
- Sprinkle with sesame seeds.
- Bon Appétit

Nutrition Facts

PROTEIN 47.9% **FAT 31.68%** **CARBS 20.42%**

Properties

Glycemic Index: 25.71, Glycemic Load: 4.14, Inflammation Score: -2, Nutrition Score: 6.2582608752924%

Nutrients (% of daily need)

Calories: 232.04kcal (11.6%), Fat: 7.32g (11.25%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 8.4g (3.05%), Sugar: 3.98g (4.42%), Cholesterol: 15.85mg (5.28%), Sodium: 1017.94mg (44.26%), Alcohol: 2.01g (100%), Alcohol %: 1.15% (100%), Protein: 24.89g (49.78%), Copper: 0.41mg (20.61%), Manganese: 0.36mg (17.76%), Calcium: 163.08mg (16.31%), Iron: 2.41mg (13.37%), Magnesium: 40.38mg (10.09%), Fiber: 2.22g (8.88%), Potassium: 291.68mg (8.33%), Phosphorus: 83.3mg (8.33%), Zinc: 1.03mg (6.84%), Selenium: 3.97µg (5.68%), Vitamin B1: 0.08mg (5.45%), Vitamin B6: 0.11mg (5.3%), Vitamin K: 4.52µg (4.31%), Vitamin B3: 0.79mg (3.97%), Vitamin B2: 0.07mg (3.84%), Folate: 13.11µg (3.28%)