



Tofu Dengaku



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup katsuo bushi dried shaved
- ☐ 3 inch piece dashi-kombu dried (seaweed)
- ☐ 20 ounces extra-firm tofu drained well
- ☐ 0.3 cup soya sauce light
- ☐ 0.3 cup mirin sweet (Japanese rice wine)
- ☐ 0.3 cup miso red
- ☐ 3 tablespoons sake divided
- ☐ 10 servings sesame seed toasted

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

Equipment

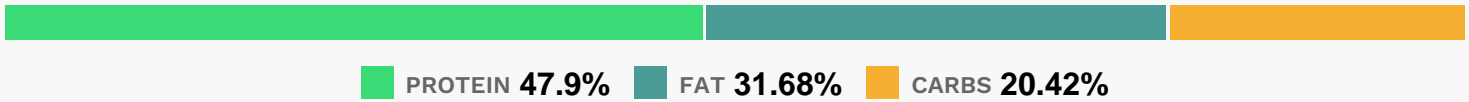
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers
- ☐ slotted spoon

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



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%), Phosphorus: 83.3mg (8.33%), Potassium: 291.68mg (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%)