Savory Tofu Steak (2 servings)

Ingredients

- 1 block (about 300–350g) firm tofu
- 1 tbsp cornstarch (or potato starch)
- 1 tbsp canola oil (or sesame oil for extra flavor)

Sauce (combine together) (*See note below):

- 1 T shoyu
- 1 T mirin
- 1 T sake
- 1 tsp rice vinegar (or apple cider vinegar)
- 1 tsp sugar
- 1 clove garlic, finely grated
- 1 tsp grated fresh ginger (optional but recommended)
- 1 tsp sesame oil (for finishing)

Optional toppings:

- Chopped scallions
- Toasted sesame seeds
- Grated daikon
- Shichimi togarashi



Instructions

1. Prep the tofu

- Drain the **tofu** and wrap it in a clean towel. Place a weight on top and let it sit for 15–30 minutes to remove excess moisture.
- Cut into 2 thick slices (or 4 thinner steaks, if you prefer).

2. Coat the tofu

 Pat dry, then lightly dust the surfaces with cornstarch. This helps create a crisp exterior.

3. Pan-fry

- Heat the oil in a nonstick pan over medium heat.
- Cook tofu steaks for about 3–4 minutes per side until golden brown and crispy. Set aside.

4. Make the sauce

- o In the same pan, lower the heat and add the **sauce**. Stir and let it bubble slightly.
- Return tofu to the pan and spoon the sauce over it for about 1–2 minutes, allowing
 it to absorb and glaze the tofu.

5. Finish and serve

 Drizzle with sesame oil and serve immediately, topped with scallions and sesame seeds if you like.

Serving Suggestions

- Serve over a bed of shredded cabbage or alongside steamed rice or yaki-imo.
- A small side of pickled vegetables or miso soup goes great with this.

Per Serving (½ recipe):

Calories: 259Fat: 16.3 g

Carbohydrates: 14.5 g

Fiber: 1 g
 Protein: 12.5 g
 Sodium: 452 mg
 Sugar: 5.6 g

*Revised (Coconut Aminos Version): 1 T coconut aminos 1 T sake

- 1 I sake
 1 T mirin (optional see note below)
 1-1½ tsp rice vinegar (boosts tang)
 No added sugar (the aminos are already sweet)
 1 clove garlic, grated
 1 tsp grated ginger
 1 tsp sesame oil (for finishing)

- Itsp sesame on (tor inistring)
 Why the changes?
 Coconut aminos = naturally sweet, so you don't need the added sugar.
 Rice vinegar bumped up slightly to replace some of the sharpness lost from the reduced salt.
 Mirin is already sweet, so you can keep it for flavor—or omit it if you want to go even lighter on sugar.

- Optional Tweaks:
 If you taste it and find it too mellow:

 Add a tiny pinch of salt or miso to boost umami.

 Or mix in a few drops of reduced-sodium shoyu (e.g., ½ tsp) for balance.