

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 coconut aminos
- 1 T mirin
- 1 T sake
- 1 tsp rice vinegar (or apple cider vinegar)
- 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

- 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: 243
Fat: 16.3 g
Sat fat: 2g
Carbs: 12.7g
Sugar: 1.6 g
Fiber: 1 g
Protein: 12.5 g
Sodium: 310 mg

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.
- maybe with grated daikon and a little yuzu kosho