

Microwave Tofu Drying Reference (Japanese Tofu Blocks)

Baseline: 1 丁 (= 400 g) firm or extra-firm tofu

GENERAL PREP (ALL MICROWAVES)

- Slice tofu into 2–3 cm slabs.
- Place on a paper-towel-lined microwave-safe plate.
- Do not cover.
- **Always rest 2–3 minutes after microwaving, then pat dry.**

SHARP MICROWAVE (700 W ONLY)

Step	Power	Time
First pass	700 W	2 minutes
Flip tofu	—	—
Second pass	700 W	1 minute
Rest	—	2–3 minutes

Result: Reliable moisture removal; excellent everyday choice.
If tofu is very wet, add +30 seconds after resting.

TOSHIBA MICROWAVE (MULTIPLE POWER LEVELS)

Step	Power	Time
First pass	600 W	2½ minutes
Flip tofu	—	—
Second pass	600 W	1–1½ minutes
Rest	—	2–3 minutes

Result: Best texture and browning; recommended default.

Alternate Toshiba settings:

- 500 W: 3 min + 1½ min (very soft tofu)
- 1000 W: 1½ min + 45 sec (watch closely)
- 200 W / 100 W: not recommended

DONENESS CUES

- Paper towel visibly wet
 - Tofu feels firmer and heavier
 - Surface looks slightly matte
 - No ballooning or squeaking texture
- Stop early if tofu puffs, cracks loudly, or turns rubbery.

