
Ume Glazed Salad with Furikake Tofu and Poke

Total time: 30 min Yield: 6 Servings

Ingredients

1/2 lb shoyu ahi poke
2 Tbsp takuan (finely chopped)
1 container firm or medium firm tofu
1 cup panko
1/2 cup furikake
1 cup flour
2 eggs (beaten)
3 Tbsp oil
1/2 cup soy sauce
3 1/2 tablespoons sugar
1 1/2 tablespoons lemon juice
6 soft ume (seeds removed and finely diced)
baby tomatoes (cut in half)
1 lb local mixed greens

Prep Time: 30 min Total Time: 30 min

Instructions

Mix poke with takuan. Set aside or refrigerate until ready to use. Cut tofu into $\frac{3}{4}$ " cubes. Let it drain in a colander or metal rack lined with paper towel for 20 minutes. Mix panko and furikake together. Pat tofu dry, then roll in flour first, eggs second and panko last. Heat pan on medium-high heat. Add 3 tablespoons oil. When hot, add tofu and brown on all sides. Set aside on paper towels. Blend shoyu, sugar, ume and oil together, then set aside or refrigerate until ready to use. In a large bowl or individual serving dishes, place greens on the bottom, followed by poke, then tofu cubes and tomatoes. Drizzle dressing on top and garnish.

Recipe brought to you by:

Chef Joanne Chang

Source:

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