
Ground Beef & Tofu Patties

Total time: 25 min Yield: 8 servings

Ingredients

1/2 lb ground beef
1/2 block firm tofu, squeezed
3 Tbsp onion (minced)
3 clove garlic (minced)
2 Tbsp green onion (minced)
2 Tbsp carrots (minced)
1 Tbsp shoyu (+ 1/2 cup, divided)
1 tsp ground black pepper
2 tsp sesame seed oil
1 cup all-purpose flour
1 Tbsp cooking oil
3 eggs (beaten)
1 Tbsp vinegar
1 tsp sugar
1 Tbsp chili peppers (chopped or thinly sliced)

Prep Time: 15 min Cooking Time: 10 min Total Time: 25 min

Instructions

Place the ground beef, tofu, onion, garlic, green onion, carrots, 1 tbsp. shoyu, black pepper and sesame seed oil into a large bowl and mix well. Divide the mixture into 16 portions and roll each into the size of a golf ball; slightly flatten to ¼" thick.

Pour cooking oil into a frying pan set on low heat. Lightly dust each patty with flour then dip into the beaten eggs. Lightly fry until cooked, about 3 to 4 minutes per side. Remove from the pan and place onto a paper towel-lined platter.

Combine ½ cup shoyu, vinegar, sugar and chili pepper in a small bowl and mix well; serve the dipping sauce with patties. Enjoy this healthy, simple and delicious recipe along with a glass of cabernet sauvignon.

Chef's Note: The cooked patties or meatballs can be eaten as is, stuffed into mushroom caps, bitter melon or eggplant and fried, steamed or baked. The mixture can also be used to make skewers or kebabs, mini sliders, larger burgers, hoagies or made into meatballs that can be served in soups, pho, saimin or sautéed pasta dishes.

Recipe brought to you by:

Chef Grant Sato