
Tofu Casserole (Tai Waun Mushi)

Total time: 50 min Yield: 4 servings

Ingredients

6 Tbsp sugar
6 Tbsp soy sauce
2 Tbsp rice vinegar
3 Tbsp sake
1 Tbsp lime juice
1/2 lime (zest only)
1 tsp salt (divided)
1 Tbsp oil
1 lb ground pork
1 small onion (sliced thin)
1 tsp garlic (minced)
1/4 cup Shiitake mushrooms (hydrated, chopped)
1/4 cup bamboo shoots (chopped)
20 oz block tofu (firm 3/4" cube)
3 eggs (beaten)
green onion (sliced thin, optional)
pickled ginger (optional)

Prep Time: 20 min Cooking Time: 30 min Total Time: 50 min

Instructions

Preheat oven to 350°F. In a small bowl, combine the sugar, soy sauce, rice vinegar, sake, lime juice, lime zest and ¼ tsp. salt. Stir until the sugar is dissolved; set the sauce aside.

Add oil to a large frying pan over medium high heat. Add the pork, seasoned with ¾ tsp. salt and cook until just done, about 3 to 4 minutes. Drain and discard the oil, then place the pork into a large mixing bowl.

Add the onions to the same frying pan and cook over medium heat until translucent, 8 to 10 minutes. Add the garlic, mushrooms and bamboo shoots; cook for 1 to 2 minutes more; remove from heat and add to the pork. Add the sauce to the pork mixture and stir to combine well.

Place the tofu cubes in the bottom of a medium casserole dish. Pour the pork mixture on top of the tofu; spread evenly. Pour the beaten eggs over the top to cover.

Bake for 30 minutes or until set. Portion the casserole into 4 servings; garnish as desired. Enjoy this

easy-to-prepare Autumn dish with an ice-cold Asahi beer.

Recipe brought to you by:

Chef Elden Rodrigues