

Japanese Agedashi Tofu

Oscar · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

30 mins

Description

This quick and easy Japanese fried tofu recipe is a great appetizer. Crispy fried cubes of tofu are served with a tasty sauce and chopped green onion.

Ingredients

- 1 (10.5 ounce) package firm silken tofu - 2 cups water - 2 tablespoons light soy sauce - 2 tablespoons mirin - 1 teaspoon dashi granules - $\frac{1}{4}$ cup all-purpose flour
- or as needed - vegetable oil for frying - 2 green onions
- chopped

Instructions

1. Place the block of tofu between sheets of paper towels. Set a plate on top; add a 3- to 5-pound weight to the plate. Press tofu for 15 minutes; drain and discard the accumulated liquid. Meanwhile
2. combine water
3. soy sauce
4. mirin
5. and dashi in a saucepan. Bring to a boil over medium heat. Remove from heat and set aside. Remove weight
6. plate
7. and paper towels. Cut tofu into 3/4-inch cubes. Place flour in a bowl and lightly coat tofu with flour. Heat oil in a heavy pot and fry tofu until golden-brown
8. 4 to 6 minutes. Fry in batches if necessary so as not to overcrowd the pot. Place fried tofu in a serving dish and pour sauce on top. Sprinkle with green onions. AllrecipesPhoto Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
9. ingredient density
10. and specific type of oil used.