



Asian Seared Tofu with Citrus Glaze

A huge success in Krista Berman's Joy of Soy class at Harriet's Kitchen

Tofu

1 lb. Extra Firm Tofu, cut into 1/2 inch slabs.

Marinade

1/2 cup Mirin
1/4 cup Orange Juice
2 Tbl. Brown Rice Vinegar
2 Tbl. Shoyu
1 Tbl. fresh Ginger Juice
Zest of 1 Lemon
1/2 tsp. Red Chili Paste
Chiffonade of Lemon Grass and Scallions

Mix together and marinate tofu for 30 minutes.
This is great done in a plastic bag!

Coating

3/4 cup Sesame seeds
1/4 cup Arrowroot
2 Tbl. Sesame Oil
1 additional Tbl. of Arrowroot
More lemon zest

1. Dredge each slab of marinated tofu in sesame seed and arrowroot mixture.
2. Heat oil in a skillet on high and sear tofu 1 to 2 minutes on each side.
3. Add 1 Tbl. Arrowroot to marinate and place in hot skillet. Deglaze your pan and thicken mixture. Pour over tofu and serve.
4. Garnish with lemon zest.