

## Crispy Tofu with Shitake Mushrooms and Cabbage



### Makes:

4 servings

### Utensil:

Saladmaster Food Processor  
11" Large Skillet with Cover  
12" Chef's Gourmet Skillet  
small mixing bowl  
Whistling Tea Kettle

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### Recipe:

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### Recipe Description:

Tofu, or soybean curd, is food of Asian origin and offers a wonderful substitute for meat of any kind. Considered a complete protein, tofu contains all of the essential amino acids which makes for a nutritional main dish or side dish.

1 tea bag or 2 teaspoons loose genmaicha tea (toasted brown rice tea)

(1  
g)

1 pound  
shitake mushrooms, stemmed and chopped

(454  
g)

2 tablespoons  
fresh ginger, shredded, use Cone #1

(12  
g)

2 ½ cups  
Savoy or Napa cabbage, sliced, use Cone #4

(175  
g)

1 block  
(about 1 pound) medium firm or firm tofu

(454  
g)

¼ cup  
olive oil

½ cup  
polenta (corn grits)

(78  
g)

2 teaspoons  
coarse sea salt

(12  
g)

2 teaspoon  
black pepper  
(4  
g)  
4 tablespoons  
sliced green onions  
(24  
g)

**Directions:**

1. Bring water in tea kettle to a boil. Pour 1 ½ cups into container or jar, add teabag or loose tea, and allow to steep 5 minutes.
2. Meanwhile, place mushrooms and ginger into large skillet, stir and cook over medium heat until mushrooms begin to shrink. Add brewed tea (if using loose tea, pour through strainer into skillet), continue to cook for 5 minutes. Stir in cabbage and cook until cabbage is slightly wilted, about 5 minutes. Set aside, covered. If liquid has not evaporated, drain off before setting aside.
3. Slice tofu in half horizontally and set on paper towels. Cut an X through each half, forming 4 triangles per half or 8 total triangles. Blot tops with paper towel.
4. In small bowl mix polenta, salt and pepper.
5. Lightly brush tofu on both sides with oil. Roll tofu triangles in polenta mixture.
6. Place gourmet skillet on medium-high heat. Cook tofu until deeply golden brown on one side, approximately 8 minutes. Flip and brown other side, approximately 3 minutes.
7. To serve, place cabbage mixture on plate; arrange tofu triangles on top of mixture; sprinkle with green onions.

**Tips:**

- Another version of this recipe - (1) Slice cabbage and place on plates; (2) Shred ginger, sprinkle on cabbage; (3) Chop mushrooms and place on cabbage; (4) Follow tofu and polenta mixture instructions from above; (5) Place tofu on top of cabbage mixture; (6) Sprinkle with oil and vinegar or your favorite vinaigrette.
- If you cannot find genmaicha, a variation of Japanese green tea that incorporates toasted brown rice, you can make your own. In a skillet, toast brown rice until it becomes dark brown in color and emits a nutty aroma. Stir and watch carefully so rice does not burn. Remove from pan to cool. Heat water in tea kettle with 1 green tea teabag or 1 teaspoon of green tea leaves per every cup of water. Bring to boil then allow to steep for 3-5 minutes. Add rice to tea and continue to steep for 3-5 more minutes. Pour through strainer into tea cups. Place rice in container, cool and store in refrigerator to use in other dishes.

Nutritional Information per

▼ <u>Serving</u>
<b>Calories:</b> 116
<b>Total Fat:</b> 4g
<b>Saturated Fat:</b> 1g
<b>Cholesterol:</b> 0mg
<b>Sodium:</b> 569mg
<b>Total</b> 11g
<b>Carbs:</b>
<b>Dietary Fiber:</b> 2g
<b>Sugar:</b> 3g
<b>Protein:</b> 13g