

Agedashi Tofu with Miso Sauce

🕒 20 - 30 Mins



2 blocks silken tofu

Organic sunflower oil for deep-frying

4 Tbsp rice flour

2 tsp grated fresh root ginger, and red radish slices for garnish

1 spring onion, finely sliced on the diagonal to garnish

2 Tbsp barley miso, mixed in a little water to form a sauce like consistency



Cooking Instructions

- Press and drain the tofu on paper towel until dry, changing the paper towel as required.
- Put the oil in a heavy-based deep frying pan and heat to about 180o/350f.
- Cut each tofu block in half and then half again.
- Dust with the flour, then using a spatula gently slide the tofu into the oil and deep-fry until crisp and golden.
- Arrange in bowls, pour over some miso sauce and garnish with the grated ginger, red radish and spring onion.

Note: Don't dust the tofu with the flour until you are ready to fry it, otherwise it will become sticky.