



**Crispy Seaweed Tofu Steaks with Ginger Sesame Vinaigrette**  
*An easy vegetarian recipe to serve – crispy outside; creamy inside*

Cilantro's Cooling Properties Help Relieve Your Eyes from Burning Sensations or Irritations

**Fresh Ginger Sesame Vinaigrette**

- 3 Tablespoons rice vinegar
- 2 Tablespoons toasted sesame oil
- 2 Tablespoons reduced salt soy sauce
- 2 Tablespoons honey
- 1 teaspoon grated fresh ginger
- 1 Tablespoon toasted sesame seeds
- 1/3 cup finely chopped green onion
- 1/2 cup chopped cilantro

**Prepare Dressing:** In a small bowl, combine the rice vinegar, sesame oil, soy sauce, honey and grated ginger and whisk together. Toss in sesame seed, finely chopped green onion, and cilantro. Set aside.

1 large egg  
1 teaspoon reduced salt soy sauce  
1 teaspoon Gochujang sauce  
2/3 to 1 cup panko bread crumbs as needed  
2 Tablespoons fine chopped or crushed roasted seaweed snacks  
One 16 oz. pkg. firm tofu, drained and sliced into 6 to 8 slices  
1/4 cup canola oil, as needed

In shallow dish, beat egg in medium bowl, add soy sauce and Gochujang, stir until well blended.

In another shallow dish, stir panko crumbs and crushed seaweed snacks. Dip the tofu slices in egg mixture, covering completely, then coat in panko crumb mixture, lightly press crumbs to adhere.

In a large nonstick skillet, heat 2 to 3 Tablespoons oil. Fry tofu over moderate heat, about 6 minutes or golden and crispy on both sides. Serve with prepared dressing.

Yield: 4 to 6 servings

**About the Recipe:** Firm Tofu cut into steak slices are flavored with a bit of soy sauce and hint of Gochujang. Crushed roasted seaweed snacks give crispy tofu steaks added flavor. They are cooked until golden, topped with a ginger sesame Japanese dressing and filled with lots of fine chopped green onions and cilantro. This dish will please the entire family.