

TOFU POKE BOWL

CROWD PLEASER - HIGH SCHOOL

TEAM: RED ONIONS

CHAMPLAIN VALLEY UNION HIGH SCHOOL

ingredients

Tofu:

12-oz. block firm tofu

¼ cup low-sodium soy sauce

¼ cup pure maple syrup

3 Tbsp. rice vinegar

½ tsp. crushed red pepper flakes

1 ½" piece ginger, very thinly sliced

½ cup oil

Rice:

1 ½ of uncooked rice

3 cups of water

Teaspoon of salt

Pickled red onions:

1 red onion sliced thinly

1 cup white vinegar

1 tsp salt

1 Tbsp sugar

Watermelon

1 small watermelon (cut into bite-size triangles)

2 Tbsp ginger

1/4 medium red onion (very thinly sliced)

1-2 tsp sesame seeds

1 Tbsp sesame oil

2-3 Tbsp tamari

1/4 tsp wasabi

ingredients

Mango Salsa

1 ripe mango, peeled pitted and diced
1/2 small red onion, peeled and diced
1 jalapenos, seeded and diced
1/4 cup chopped fresh cilantro
juice of one lime

Avocado

Mayo:

1/2 cup mayonnaise
2 tablespoons Sriracha hot sauce
1 teaspoon freshly squeezed lime juice

preparation instructions

Tofu Poke Bowl

Tofu:

12-oz. block firm tofu

¼ cup low-sodium soy sauce

¼ cup pure maple syrup

3 Tbsp. rice vinegar

½ tsp. crushed red pepper flakes

1 ½" piece ginger, very thinly sliced

½ cup oil

Drain tofu, then sandwich between several layers of kitchen towels to remove excess liquid. Cut into about 24 cubes.

Whisk soy sauce, maple syrup, rice vinegar, red pepper flakes, and ginger in a small bowl.

Heat oil in a large nonstick skillet over medium-high heat. When oil is rippling across the surface, carefully add tofu so it doesn't splash. Cook, undisturbed, until very crisp and dark brown underneath, 3–4 minutes. Carefully turn and repeat on opposite side.

preparation instructions

Place a colander in a large metal bowl and pour tofu into colander allowing the bowl to catch the hot oil. Carefully return tofu to the skillet and to the stove. On medium-high heat add the soy sauce mixture. Cook, reducing heat to medium so it doesn't over-reduce or burn and baste tofu occasionally, until glaze is thick enough to coat a spoon, about 4 minutes.

Rice:

1 ½ of uncooked rice

3 cups of water

Teaspoon of salt

Place rice, water and salt in a large saucepan with cover. Bring to a boil. Turn heat way down so that rice simmers with cover on. Cook 15-20 minutes or until all water is absorbed and rice is firm but not crunchy. Take off the heat but leave cover on pot and allow to sit until ready to use.

Pickled red onions:

1 red onion sliced thinly

1 cup white vinegar

1 tsp salt

1 Tbsp sugar

preparation instructions

Place onion in a bowl. Heat the vinegar, salt and sugar over medium high heat until dissolved. Pour hot liquid over the onions. Allow to sit.

Watermelon

1 small watermelon (cut into bite-size triangles)

2 Tbsp ginger

1/4 medium red onion (very thinly sliced)

1-2 tsp sesame seeds

1 Tbsp sesame oil

2-3 Tbsp tamari

1/4 tsp wasabi

Cut watermelon into bite-sized triangles and set on a paper towel or clean towel to draw out some of the moisture.

In a separate bowl, whisk together the rest of the ingredients.

Add the watermelon to the bowl and gently stir to combine. Set aside.

preparation instructions

Mango Salsa

1 ripe mango, peeled pitted and diced

1/2 small red onion, peeled and diced

1 jalapenos, seeded and diced

1/4 cup chopped fresh cilantro

juice of one lime

Toss all ingredients together until combined. Season with salt and pepper if needed.

Avocado: Cut into small squares

Mayo:

1/2 cup mayonnaise

2 tablespoons Sriracha hot sauce

1 teaspoon freshly squeezed lime juice

Combine the 3 ingredients in a bowl and mix thoroughly.

To Assemble:

Put about 1 cup of rice into each individual bowl. Arrange 1/4 cup of tofu in the center of the rice and arrange the watermelon, avocado, mango salsa and pickled red onions around the tofu. Drizzle the mayo over the top.