



Charred Tofu Poke Bowl with Smoky Miso Dressing

Serves: 4

We welcome Autumn with a popular Hawaiian dish perfect for a relaxed and healthy lunch with family and friends.

TASTE OF AUTUMN FACT

Originating from Hawaii, before being introduced to the United States and then around the world. Poke, pronounced poh-KAY, means 'chunk' or 'slice' in Hawaiian, and started to become widely consumed during the late 19th century when Japanese workers in Hawaii introduced 'donburi', a traditional Japanese dish made with raw fish and rice. The traditional poke bowl consists of white rice topped with marinated raw fish. Traditionally tuna, salmon, octopus or prawns are used for the fish component of the poke bowl, but with the rising popularity of vegetarian and vegan diets today, this recipe uses marinated and grilled tofu as an alternative to seafood, and makes the dish suitable for either diet.

INGREDIENTS

- 60gm Miso Paste
- 60ml Rice Wine Vinegar
- 30ml Mirin
- 30gm Crushed Ginger
- 30ml Sesame Oil
- 30ml Lemon Juice
- 10ml Soy Sauce
- 15gm Caster Sugar
- 1/4 tsp Liquid Smoke
- 20ml Honey
- 20ml Soy Sauce
- 5ml Sriracha Sauce
- 5ml Lemon Juice
- 240gm Hard Tofu - drain and cut into 3cm by 1cm pieces.
- As Required - Rice Bran Oil Spray
- 160gm Long Grain Rice - cook as per manufacturer's instructions.
- 8 Red Radishes - remove stem, rinse, drain and cut into 1/4's.
- 120gm Frozen Edamame Beans - thaw.
- 1 Avocado - peel, remove stone and cut into 1/4's lengthways.
- 80gm Lebanese Cucumber - top, tail, cut into ribbons lengthwise - using a peeler.
- 140gm Carrot - top, tail, peel, cut into ribbons lengthwise - using a peeler.
- 8 Shallots, White Stem Only - remove root, rinse, drain and cut into 1cm long pieces on an angle.
- 4 tsp Black Sesame Seeds

METHOD

1. In a mixing bowl, add the miso paste, rice wine vinegar, mirin, ginger, sesame oil, 30ml lemon juice, 10ml soy sauce, caster sugar and liquid smoke. Whisk to combine. Set to one side for 1 hour to allow the dressing's flavours to further develop.



2. In a second mixing bowl, add the honey, 20ml soy sauce, sriracha sauce and 5ml lemon juice. Mix to combine. Add the tofu and toss until it is evenly coated with the marinade. Set to one side for 1 hour to marinate. Remove the tofu from the marinade, allowing any excess to drain off. Lightly spray the marinated tofu with the rice bran oil spray.
3. On a moderately hot BBQ griddle plate, add the tofu pieces and cook until they are browned on all sides. Remove from the heat, set to one side and keep warm.

TO SERVE

Evenly distribute the rice between the 4 serving bowls, then neatly top the rice with an equal portion of the radishes, edamame beans, avocado, Lebanese cucumber, carrot and tofu. Lightly drizzle with the smoky miso dressing and then garnish with the shallots and black sesame seeds. Serve with the remainder of the dressing for guests that would like a little more.