

## Tuna Tofu Patties

*Level: Easy*

*Makes: About 24 patties*



*Prep Time: 40 minutes*

*Cooking Time: 10-20 minutes*



$\frac{1}{2}$  cup dried sliced shiitake mushrooms

2 (7 oz.) cans Solid White Albacore Tuna in Water, drained of all liquid

1 (14 oz.) block firm tofu, drained

1 small carrot, peeled and finely grated

2 stalks green onion, finely chopped

4 large eggs

1 tsp. kosher salt

1 Tbsp. white granulated sugar

$2\frac{1}{2}$  Tbsp. shoyu (soy sauce)

Ponzu sauce, for dipping (optional)

1. Submerge and soak dried sliced shiitake mushrooms in a bowl of water for 30 minutes. After mushrooms have softened, drain and squeeze all water from the shiitake mushrooms. Chop mushrooms finely and place in a medium-sized mixing bowl.
2. Add the drained tuna to the mixing bowl and with a fork, break up the tuna until flakey and no clumps remain.
3. With a cheesecloth, drain and squeeze as much water as you can from the tofu. Add to the mixing bowl.
4. Add the finely grated carrot, green onion, and eggs to the mixing bowl. Mix until all are combined.
5. Add the salt, sugar and shoyu and mix thoroughly.
6. Pre-heat a pan or skillet on medium heat. Spray the bottom with non-stick cooking spray. With a cookie scoop (to make equal sized patties), form round flat patties in the palm of your hand. Fry on each side until browned. Drizzle or dip in ponzu, if desired.

### Notes:

- I use a less robust flavored shoyu for these patties. For example, in this recipe I use Aloha Shoyu instead of Kikkoman.
- I use Solid White Albacore Tuna because it doesn't taste as "fishy."
- Ponzu sauce is a citrus seasoned dressing. They're packed in non-refrigerated bottles and can be found near the soy sauce in most markets.
- I use a cookie scoop to make small, even sized patties. The larger you make the patty, the harder it is to flip.