

Cold Tofu Nori Salad



29-Oct-2022

Level: Easy

Serves: 4

Prep Time: 50 minutes

Cooking Time: -

1 (16 oz.) block firm tofu

$\frac{1}{4}$ of a sweet (Maui or Ewa) onion, finely diced

About 8 to 10 grape tomatoes, cut into fourths

1 to 2 stalks green onion, finely chopped

$\frac{1}{4}$ cup thinly sliced Japanese nori (roasted seaweed)



Dressing:

2 Tbsp. shoyu (soy sauce)

1 tsp. toasted sesame oil

2 Tbsp. soybean oil (or other salad oil)

To drain tofu: Place block of tofu in a colander. Place a flat ceramic plate over the tofu block. Balance a heavy can (from your pantry - it could be fruit cocktail, refried beans, or crushed tomatoes, etc.) on top of the plate and let sit for 45 minutes. (The weight from the heavy can will press the plate down on the tofu block without compromising the shape of the tofu, releasing most of its liquid.)

To assemble salad: Cut drained tofu into cubes and place in a bowl. Add diced sweet onions, cut grape tomatoes, chopped green onion, and sliced nori. In a small bowl, whisk dressing ingredients until all are combined. Pour dressing over tofu mixture. Gently stir with a silicone spatula to prevent tofu from breaking apart. Cover and chill in the refrigerator for a few hours, until cold. Stir ingredients again before serving.

Notes:

- It is important to drain as much liquid from the tofu as possible, otherwise the dressing will be diluted.
- I cut the Japanese nori very thin with a kitchen scissors. If you leave the nori as large pieces, it gets chewy and sticks to your teeth when eating.