



Sesame Seared Tofu with Jalapeno Miso Dressing

NIBBLEDISH CONTRIBUTOR

Ingredients

Dressing

4 tablespoons mirin

4 tablespoons water

1 1/2 teaspoon rice wine vinegar

1 teaspoon soy sauce

2 tablespoons miso

1 scallion, finely chopped

2 cloves garlic

1 tablespoon ginger, chopped

2 tablespoons honey

1/3 jalapeno pepper, seeded

4 tablespoons grapeseed oil

1 teaspoon sesame seed oil

Blend all ingredients until smooth. Best if allowed to chill overnight.

Tofu

10 ounces firm tofu, drained, sliced

1 teaspoon sesame seed oil

1 teaspoon grapeseed oil

Sesame seeds

Kosher salt

Instructions

1. Heavily coat one side of tofu with jalapeno miso dressing. Allow to rest in fridge for 2 hours.
2. Once tofu is done marinating, heat a dry pan over medium heat.
3. While pan heats, spread a layer of sesame seeds and a pinch of salt on a plate and press non-marinated side of tofu into sesame seeds.
4. Hold hand just over bottom of pan to feel how hot it is. (You should feel heat emanating towards your hand.). When it's ready, add both oils, swirl in the pan and lay in then the tofu (sesame side first). Cook on both sides until golden brown, approximately 2-3 minutes on each side.
5. Serve over a bed of greens and drizzle with extra dressing. Salt to taste.