

Marinated Tofu and Green Onions

This dish is very quick and easy to prepare, but it must be started about 1½ hours before mealtime so the tofu will have a chance to absorb the flavor of the marinade.

Combine all marinade ingredients in a medium-sized bowl. Cut tofu crosswise into ½-inch-thick slices, then cut the slices into 1 x 1½-inch pieces. Wrap tofu pieces in a cheesecloth or clean kitchen towel and pat gently to remove excess water. Place tofu in the marinade, and let sit at least 1 hour. Remove tofu from marinade and arrange in single layer in a large skillet. Add about 1/3 inch of marinade to the pan. (If desired, strain out garlic from marinade.) Cover and bring to a boil, then lower heat and simmer gently 5 minutes. Sprinkle green onions over tofu, cover, and cook 3 minutes more. Serve hot.

Preparation List:

Serves 4

- 1 block fresh tofu (approximately 1 pound)
- ¾ cup green onions, cut on the diagonal into ½-inch lengths

MARINADE:

- 1½ cups water or mild-flavored vegetable stock
- ¼ cup shoyu
- 2 tablespoons mirin
- 2 tablespoons brown rice vinegar
- 3 small cloves garlic, pressed or finely minced
- 2 teaspoons peeled and finely grated ginger
- 1 teaspoon dried tarragon (optional)