

## Tofu-Sesame Dressing

This dressing is delicious on tossed or pressed salads and is a favorite on hijiki or arame salads.

Place tofu in a pot, cover with water, and boil 1 minute. Turn off heat and let tofu sit a few minutes. Remove tofu and cool briefly in cold water. Crumble tofu into a blender or suribachi along with all remaining ingredients except sesame seeds. Blend or mix until smooth. Toast seeds in a dry skillet by stirring constantly over medium heat for 2-3 minutes. Pour dressing into a bowl, mix in seeds, and chill slightly before serving.

### Preparation List:

**Makes approximately 1½ cups**

- 4 ounces fresh tofu
- ¼ cup light sesame, canola, or safflower oil
- 1½ -2 teaspoons toasted sesame oil
- 2½ tablespoons brown rice vinegar
- ¼ cup water
- 3 tablespoons sweet white miso
- 1 clove garlic
- 1 tablespoon rice malt syrup
- 1 tablespoon sesame seeds