



# Cook / Local Japan



## Today's recipe

### "Yu-dofu"

*Boiled tofu with various condiments.*

*It is a popular dish in Kyoto prefecture. It can be cooked with vegetables such as carrot, spinach and shiitake mushrooms.*

>> Serves: 2

>> 10 mins to prepare and 10 mins to cook (ex. 30 mins rehydrating time of dried kelp)

↓ Regular supermarket(R), Japanese grocery store(J)

## Place / Prefecture

**Kyoto**

Why not visit the official tourism website (while eating this dish)?



### Available at ① Ingredients & Preparation

<input type="checkbox"/>		800cc	<b>water</b>	
<input type="checkbox"/>	J	20g	<b>dried kelp</b>	cut into 10 cm squares

- ⇒ 1 Lightly wash the surface of kelp, put the **water** and **dried kelp** in a pot, and leave for 30 minutes.  
\*Cook's tip: It is not necessary to remove the white stuff on the surface of the kelp. It is an umami ingredient.

<input type="checkbox"/>	R	J	400g	<b>soft tofu</b>	cut into 4 pieces
<input type="checkbox"/>	R	J	a pinch of	<b>salt</b>	

- ⇒ 2 Put the **tofu** and **salt** in the pot and heat slowly over a medium-low heat. When the water is almost boiling, turn off the heat and take out the kelp. (This kelp is only used to make soup stock and is not eaten.)

<input type="checkbox"/>	R	J	100ml	<b>ponzu (Japanese citrus seasoned soy sauce)</b>	
<input type="checkbox"/>	R	J	20g	<b>salad onion (green onion)</b>	thinly sliced
<input type="checkbox"/>	R	J	1/2 tsp	<b>ginger</b>	grated
<input type="checkbox"/>		J	1/4 tsp	<b>yuzu-kosho (yuzu citrus pepper paste)</b>	
<input type="checkbox"/>		J	a pinch of	<b>yuzu peel</b>	thinly sliced

- ⇒ 3 Place a small amount of tofu in a small bowl and pour the **ponzu** on top. Normally the small portions of tofu are eaten one at a time. Sprinkle with condiments such as **salad onion**, **ginger**, **yuzu-kosho** and **yuzu peel** to taste.