

Shitake Tofu Fritters

A satisfying and delicious fritter. And because of the tofu these fritters are more than an appetizer or snack, they can easily be combined with a side to make for a nutritious lunch or dinner entrée. Try them with a side of noodles and spinach salad

Categories

Gluten-free

Yields: 4 servings

Preparation time: 20 mins

Cooking time: 50 mins

Category: Entrees

Complexity: Simple

Vegan experience: Some experience

Preparation style: Cooked



Ingredients

Tofu, raw (not silken), cooked, firm	0.5 block - 7" x 1 9/16" x 1 5/8"
Shiitake mushrooms, cooked	8 cup
Onion, white, yellow or red, cooked	1 large
Garlic, cooked	4 clove
Ginger root, raw	2 tablespoon
Red chili flakes organic spices	0.5 x 1 tsp
Avocado oil	1.5 tablespoon
Rice vinegar	1 tablespoon
Arrowroot flour	2 tablespoon
Brown rice flour	0.3 cup
Rock pink salt	1 x 1/4 tsp
Black pepper, ground	1 dash
Paprika	0.5 teaspoon

Instructions

Press medium to firm tofu in paper towel or tea towel for about 20 minutes. To do this wrap tofu and then place a heavy object, such as a book, on top to squeeze out excess moisture.

De-stem and thinly slice mushrooms - set aside.

Dice onion - set aside.

Mince garlic - set aside.

Mince or finely grate fresh ginger - set aside.

1. In a large cast iron skillet (if you have one), over medium heat, sauté onions for about 3 minutes in avocado oil (or olive oil). Add mushrooms, ginger, garlic and chili flakes. Cook until mushrooms are tender about 5 - 10 minutes. Add crumpled tofu, paprika, pepper and rock salt. Cook another 7 - 10 minutes.

2. Preheat oven to 350 F.

3. Remove from heat. Add rice vinegar, arrowroot flour and brown rice flour. Mix until thoroughly combined. There should be no traces of white flour in the pan.
4. Line a baking sheet with parchment paper or grease with oil. Form into preferred size fritters and place in baking sheet. I usually get 4 rows of 3 or 12 fritters in total. (This recipe suggests 4 servings but these are so good that 3 fritters per person may not be enough. In that case, just modify your meal plan accordingly.)
5. Bake for 30 - 35 minutes, flipping half way through.