

Miele

Tofu, black bean and kombu dashi

By Miele

2 hours

Preparation Time

1 hour

Cooking Time

8 serves

Serves



INGREDIENTS

Black bean paste

2 tbsp fermented black beans
2 tbsp peanut oil
3 garlic cloves, crushed
2 tbsp Shaoxing wine
1 tsp sugar
1 tbsp tamari
8 pieces (800 g) white firm
tofu

Kombu dashi

60 g kombu
10 g shiitake mushrooms, dried
2 litres water
25 g bonito flakes

To serve

Seasonal mushrooms; enoki,
shiitake, shimeji, wood ear,
king brown etc.
Chilli, spring onions, optional

METHOD

Black bean paste

1. Place the black beans into a bowl of water and soak for 20 minutes. Drain.
2. Heat oil in a saucepan on medium heat, induction setting 6. Add the black beans and garlic and cook for 1 minute.
3. Add the wine, sugar and tamari. Continue to cook until the mixture is a paste consistency.

Tofu

1. Slice tofu pieces in half and make a small hollow in the top using a small metal teaspoon.
2. Place ½ teaspoon of black bean paste in the hollow and transfer to a baking paper-lined perforated steam container.
3. Place in the steam oven and Steam at 100°C for 10 minutes.

Kombu dashi

1. Place the kombu, shiitake mushrooms and water into an unperforated steam container, cover with a lid and marinade for 1 hour.
2. After 1 hour, Steam at 100°C for 45 minutes. Remove the kombu and shiitake mushrooms from the broth and discard.
3. Add bonito flakes while still warm and stir to combine. Strain dashi through a muslin-lined sieve into a jug. Discard any solids and set aside until ready to use.

To serve

1. Heat the dashi to boiling on high heat, induction setting 9.
2. Place tofu in centre of bowl and top with black bean paste. Place mushrooms around the outside and gently pour over the hot dashi. Serve.

Hints and tips

- Black bean paste can be made ahead of time and will keep in the refrigerator for 1 week, or can be frozen for 3 months.
- Kombu dashi can be made ahead of time and will keep for 1 week in the refrigerator, or it can be frozen for 2 months.
- Kombu is an edible kelp common in Japanese cuisine. It can be purchased at Asian supermarkets.