



TEEN BATTLE CHEF



TOFU & MUSHROOMS ON JAPANESE RICE



20 mins



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8 - 12
servings



3 cups Japanese short grain rice
2 - 3 blocks Firm Tofu (Comes in Soft, Firm and Extra Firm; only use **FIRM**) 1 block makes 4 servings

16 ounces Baby bella mushrooms (or any combo of mushrooms work)

6 tablespoons Butter (Divided, 1 for sautéing tofu)

10 tablespoons Soy Sauce

10 tablespoons Japanese Sake

½ cup Japanese Mirin

Optional Carrots, Bok Choy, Scallions for topping

COOKING DIRECTIONS

1. **WASH** 3 cups of Japanese rice until water is clear. **FOLLOW** directions on package to cook. Let sit for 15 minutes after cooking.
2. **PLACE** full blocks of tofu between two plates. **PLACE** a heavy object on top, wait 10 minutes. **DISCARD** water. **SLICE** each block into 8 equal rectangles.
3. **WIPE** mushrooms with a damp paper towel to remove dirt. **SLICE** thinly.
4. **MIX** soy sauce, sake, and mirin in a small cup and set aside.
5. **MELT** 1 tablespoon of butter in a large frying pan. **ADD** cut tofu rectangles and lightly **BROWN** on both sides. **REMOVE** and set aside. **REPEAT** until all tofu rectangles are lightly browned. Can you use more butter if needed.
6. **MELT** remaining 5 tablespoons of butter in same pan over low heat. **ADD** mushrooms and **COVER**. **INCREASE** heat and **COOK** for about 3 minutes until the mushrooms release their juices. **UNCOVER** pan and **ADD** soy sauce, sake, and mirin. **COOK** uncovered for about 2 to 5 minutes until liquid reduces slightly. **REMOVE** from heat.
7. **SCOOP** rice into serving bowls. **TOP** with tofu, and mushrooms sauce. **OPTIONAL- SAUTÉ** greens, scallions, and carrots and serve on top.



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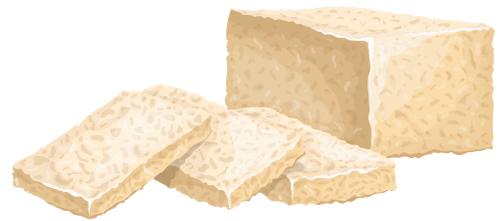
EQUIPMENT NEEDED



- Chef Knives
- Large Skillet
- Cutting Boards + Paper Towels
- Measuring Spoons & Cups
- Large Serving Spoon
- Tasting Spoons
- *Mise en Place* Bowls
- Small Cup/Bowl for Sauce
- Heavy Book



- Serving Bowls
- Spoons
- Napkins



SEASONAL INGREDIENT SUBSTITUTIONS

Using seasonal ingredients not only enhances flavor and freshness but also supports local farmers. They provide the best taste and nutrition when they're at their peak. If you can't find them, don't worry! You can always use similar ingredients to keep the dish's essence intact.



Fall

Mushrooms, Broccoli, Brussell Sprouts



Winter

Brussell Sprouts, Cabbage, Carrots



Spring

Asparagus, Snap Peas, Spring Onion



Summer

Zucchini, Bok Choy, Broccoli



CULTURAL FACTS: TOFU

Tofu (sometimes called “bean curd”) was first made in China over 2,000 years ago, probably by accident when soy milk curdled with salt or seaweed. • It spread to Japan (called tofu there too) and Korea, becoming a staple in soups, hot pots, and rice dishes. • Today it’s popular worldwide, but in Asia it’s part of everyday meals, not just a “vegetarian substitute.”



- There are many types: **silken, soft, firm, extra-firm, and even fermented tofu** used in sauces.
- Japanese rice is short-grain and sticky, symbolizing harmony and togetherness in meals.
- It’s cooked plain to highlight its natural sweetness and chewy texture.
- Chinese and Southeast Asian rices are longer-grain and less sticky, better for stir-fries or aromatic dishes like jasmine rice.

NUTRITION FACTS:

- **CARBS** for fast energy = Japanese short-grain rice, carrots
 - **FIBER** for digestion, lower cholesterol, and fullness = bok choy, carrots, mushrooms
- **PROTEIN** for building body tissues and energy = firm tofu
- **FAT** for long-lasting energy and fullness = butter
- **VITAMINS & MINERALS** for immune health and cell function = bok choy, carrots, scallions
 - **CALCIUM** for strong bones = tofu, bok choy
 - **IRON** for oxygen transport and energy metabolism = tofu, mushrooms
- **UMAMI COMPOUNDS** for savory flavor and satiety = mushrooms, soy sauce, mirin, sake