

Appetizer

# Umami Tofu and Enoki Mushrooms



Ready in **1 hour 5 minutes (1 hour to drain the tofu, 5 minutes to put it together)**

Serves **4-6 people**

## Ingredients

- 1 - 16 oz block of soft tofu
- 1 - 14 oz bottle of Nametake mushrooms
- 3 Tbsp mayo
- 2 tsp furikake

## Preparation

1. **Tofu** - Take the tofu out of the container, drain all the liquid out. Wrap the tofu in two paper towels that completely cover it. Every 15 minutes x 4, take the paper towels off, squeeze the water out of it, and rewrap it. This keeps it soft, but less likely to break easily. Once this is done, cut the tofu block in half, horizontally.
2. **Mayo and mushrooms** - Spread  $\frac{1}{2}$  Tbsp of mayo on tofu. You can decrease or increase the amount to your liking. Next, pour about  $\frac{1}{3}$  cup of the mushrooms over the layer of mayo. Pour just enough mushrooms so that it spills over the sides a little bit.
3. Sprinkle 1 tsp of furikake. Feel free to decrease or increase this amount to your taste.
4. Repeat steps 2 and 3 and place the second tofu layer over first. Chill until ready to serve. Garnish with green onions

## Tips

Nametake is seasoned enoki mushrooms. Furikake is a delicious seasoned seaweed which most times has sesame seeds as well. Choose your favorite flavor of furikake.

Both items can be found in any Asian grocery store, or if you live in Hawaii, Times Supermarket has both.

You can also find these items on Amazon or online.

This is a wonderful side dish or appetizer that is always a favorite.



## Spiritual Message

A fusion of cultural tastes can create delicious outcomes. What thoughts can you incorporate from other cultures that can serve you? For instance, Buddhism teaches us to take responsibility for our actions and lives. Wayne Dyer said “Be miserable, or motivate yourself. Whatever has to be done, it is always your choice.”