

Tofu Rice Bowls (to make 68 bowls)

Ingredients:

5 “pans” of rice (enough for 100 bowls, need less for 68 bowls)

9-10 large carrots julienned (used a julienne peeler)

10 firm tofu (each cut into 96 cubes)

4-5 english cucumbers (each 3” segment makes 7 bowls)

5 bags shredded cole slaw mix (397g/bag, bought at Jewel)

3 bags frozen of shelled edamame (16oz./bag)

1 container roasted shredded seaweed (1oz.)

2 bottles shoga (11.5oz/bottle)

1 small jar of sesame seeds

3-4 T. sesame oil

Salt and pepper

Dashi:

3-4 oz. kombu

32 oz. bottle of mirin

16-20 oz. tamari

¼ c. sugar

Soak 4 oz. kombu in 14 cups of water for a few hours then simmer on medium low heat until it begins to boil. Remove kombu.

Add mirin, tamari and sugar, simmer for 10 minutes.

Adjust seasonings as needed, dashi needs to be a bit strong to flavor rice and tofu.

"Day Of" Instructions:

Start Rice

Start Coffee

Start Tea water and prep tea pots

Pitchers for water

Cups, napkins, hashi, forks to social hall

Cake to social hall with small plates, forks

EDAMAME:

- Cook in boiling, salted water for 7 minutes
- Drain

TOFU:

- Cut each block into 8 slices
- Cut each slice into 12 cubes (96 cubes/tofu)
- Place into long pan with (strong dashi)
- Heat for 15-20 minutes to flavor tofu (dashi from tofu can be used on rice)

CUCUMBER:

- Cut lengthwise in half
- Place Benriner slicer over a large colander and slice very thinly
- Sprinkle cucumber slices with salt to make a quick pickle

SLICED CABBAGE:

- Place cabbage into a large bowl and toss with sesame oil, then add salt and pepper to taste

Each Rice Bowl Contains: (amounts are approx.)

1 cup cooked rice drizzled with 2T dashi

8 cubes tofu

8 half slices of salted cucumbers (if small mix with larger slices)

20 small edamame

20g. Coleslaw tossed with sesame oil, S&P

Shredded carrots

Sprinkle with sesame seeds

Add nori strips

Add shoga (red ginger)