4.1.15

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Tofu Bahn Mi makes 4 sandwiches (GF + vegan subs specified below)

- 14 ounces firm tofu, *sliced crosswise into 1/2-inch thick slabs*
- salt and pepper
- 1/3 cup cornstarch
- 2 carrots, peeled and shredded
- 1/2 cucumber, *peeled, halved lengthwise, seeded, and sliced thin*
- 1 teaspoon grated lime zest plus 1 tablespoon juice
- 1 tablespoon fish sauce substitute (recipe to follow)
- 1/4 cup mayonnaise
- 1 tablespoon Sriracha sauce
- 3 tablespoons vegetable oil
- 4 (8-inch) Italian sub rolls, *split lengthwise and toasted*
- 1/3 cup fresh cilantro leaves

1. Spread tofu over paper towel-lined baking sheet, let drain for 20 minutes, then gently press dry with paper towels and season with salt and pepper. Spread cornstarch in a shallow dish. Dredge tofu in cornstarch and transfer to a plate.

2. Meanwhile, combine carrots, cucumber, lime juice, and fish sauce in a bowl and let sit for 15 minutes. Whisk mayonnaise, Sriracha, and lime zest together in separate bowl.

3. Heat oil in a 12-inch nonstick skillet over medium-high heat until just smoking. Add tofu and cook until bottoms are crisp and browned, about 4 minutes per side. Transfer to a paper towel-lined plate.

4. Spread mayonnaise mixture evenly over cut sides of each roll. Assemble 4 sandwiches by layering ingredients as follows between prepared rolls: tofu, pickled vegetables (leaving liquid in bowl), and cilantro. Press gently on sandwiches to set. Serve.

Ashley's notes:

- I used avocado oil instead of vegetable oil and used a cast iron pan for cooking the tofu.
- I used arrowroot starch instead of cornstarch. Make sure the tofu is just lightly coated with starch. Tap to knock excess off.
- To make vegan simply sub your favorite vegan mayonnaise and make sure your Sriracha is vegan.
- I used basil instead of cilantro.

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Vegetarian Fish Sauce Substitute

Makes about 1 1/4 cups - In order for this recipe to be gluten-free you must use gluten-free soy sauce or tamari.

- 3 cups water
- 3 tablespoons salt
- 2 tablespoons soy sauce
- 1/4 ounce dried sliced shiitake mushrooms

1. Simmer all ingredients in large saucepan over medium heat until mixture is reduced by half, about 20-30 minutes. Strain liquid and let cool completely. (Fish sauce can be refrigerated for up to 2 months.)

Ashley notes:

- I found the dried shiitake mushrooms in the bulk spice section. I kept them whole (missed the slicing step) and used 1/4oz, which equaled 5 dried mushrooms.

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