

Braised Tofu (Dooboo Jorim)

Serves 3

Time: 35 minutes

Common allergens: Soy, sesame, may contain wheat

Recipe lightly adapted from The Korean Vegan Cookbook By Joanne Lee Molinaro



VEGAN



VEGETARIAN



DAIRY FREE



Ingredients

- 1 package medium firm tofu
- 1 tablespoon extra virgin olive oil
- 1 cup vegetable broth
- ½ onion, sliced
- 1 carrot, diced
- 3-4 mushrooms, sliced
- 2 tablespoons reduced sodium tamari or soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon maple syrup
- 1 teaspoon gochugaru
- 2 scallions, sliced
- 1 tablespoon sesame seeds

Directions

1. Slice the block of tofu crosswise into 1/3-inch-thick pieces.
2. In a very large skillet, heat the olive oil over medium-high heat. When the oil is hot, place the tofu in the pan in a single layer (you may have to cook in batches if your pan is not large enough) and cook the tofu until the bottom is browned, 7 to 10 minutes. Flip the tofu and repeat until both sides are evenly cooked.
3. Combine the soy sauce, rice vinegar, maple syrup, and gochugaru in a bowl, then add to the pan along with the broth. Bring to a boil and then reduce the heat to very low. Sprinkle the onion, carrot, and mushrooms over the tofu. Cover the pan and cook until most of the braising liquid has evaporated, 15 to 20 minutes, popping the lid open occasionally and spooning a little bit of the braising liquid over the top of the tofu and vegetables as they cook.
4. Garnish with the scallions and toasted sesame seeds. Serve with additional dressing over the top or on the side.

Recipe from [Planet-Based Tips and Tricks, Spring 2022](#)