



Sticky Sweet Soy Glazed Tofu-licious Hand Rolls+Sweet Sushi Rice+Smashed Cucumber Iced Tea

By Dylan Sabuco

Prep Time 40 / Cook Time 30 / Serves 4 - 6

Shopping List

- FRESH
- 1 pkg extra firm tofu **** (see allergy subs below) ****
- 3 cucumbers
- 2 carrots
- 2 green onions
- PANTRY
- 1 pkg nori seaweed sheets **** (see allergy subs below) ****
- 2 T soy sauce **** (see allergy subs below) ****
- 1 pinch salt
- 2 T rice vinegar
- 1 C sushi rice (budget-friendly option: short-grain rice)
- 1 C honey
- 2 decaf green tea bags
- HAVE ON HAND
- 6 C warm water
- 2 C ice

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

brush: to apply a liquid, like melted butter or marinade, to a pan or a food.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

smash: to break up food into smaller pieces or squash food to flatten or soften it.

Equipment

- Cutting board
- Kid-safe knife
- Paper towels
- Small bowl
- Measuring spoons
- Whisk
- Small pot + matching lid
- Dry measuring cups
- Liquid measuring cup
- Wooden spoon
- Pitcher

Ingredients

Sticky Sweet Soy Glazed Tofu-licious Hand Rolls

- 1 pkg extra firm tofu ****(for SOY ALLERGY sub 2 C button mushrooms)****
- 1 cucumber

- 2 carrots
- 1 pkg nori seaweed sheets **** (for SHELLFISH ALLERGY sub rice paper wrappers)****
- Glaze:
- 2 T soy sauce **** (for GLUTEN/SOY ALLERGY sub coconut aminos)****
- 1 T rice vinegar
- 1 T honey
- 2 green onions

Sweet Sushi Rice

- 1 C sushi rice (or short-grain rice)
- 2 C water
- 1 pinch salt
- 1 T honey
- 1 T rice vinegar

Smashed Cucumber Iced Green Tea

- 2 cucumbers
- 1/2 C honey
- 2 decaf green tea bags
- 4 C water
- 2 C ice

Food Allergen Substitutions

Sticky Sweet Soy Glazed Tofu-licious Hand Rolls

Soy: For 1 pkg extra firm tofu, substitute 2 C button mushrooms. Substitute coconut aminos for soy sauce.

Shellfish: For 1 pkg nori seaweed sheets, substitute 1 pkg rice paper wrappers.

Gluten/Wheat: Substitute coconut aminos for soy sauce.

Sweet Sushi Rice

Smashed Cucumber Iced Green Tea

Instructions

Sticky Sweet Soy Glazed Tofu-licious Hand Rolls

intro

Sushi is not originally from Japan. It originated in Southeast Asia in the 4th century BCE, where raw fish was salted and fermented with rice to preserve it. After a couple of months of fermentation, the fish was removed from the rice, and the rice was discarded. Sushi eventually spread to China and was introduced into Japan in the 8th century. The Japanese preferred eating their fish with rice, so the modern Japanese variant was born.

slice + drain

Slice **1 pkg extra firm tofu**, **1 cucumber**, and **2 carrots** as thinly as possible. Reserve for later. Place a paper towel underneath the tofu slices to soak up as much water as possible while you prepare the rice and glaze.

prepare rice + cool

Prepare **Sweet Sushi Rice**. Make sure to cool the rice down to at least room temperature before rolling the Tofu-licious Hand Rolls.

whisk + brush

Prepare the glaze. Chop **2 green onions** and place them in a small bowl. Then, measure and add **2 tablespoons soy sauce**, **1 tablespoon rice vinegar**, and **1 tablespoon honey**. Whisk until all the ingredients form a brushable glaze.

brush + roll + munch

Lay down a sheet of nori on a cutting board. Cut the sheet of nori in half. In the center of the nori, add 2 tablespoons of the cooled sushi rice and lightly press down. Place a few pieces of tofu over the rice. Brush the tofu with the glaze. Then, add a pinch of sliced carrots and cucumbers. Everything should be piled in the center in a log shape. Finally, imagine you are making an ice cream cone, and roll the nori around the rice in a cone-like shape. Brush a small amount of the glaze on the nori to seal the hand roll. Munch and crunch into your Sticky Sweet Soy Glazed Tofu-licious Hand Rolls!

recipe note

If your hand roll falls apart, don't worry! Simply place the ingredients into a bowl, mix it up, and you still have a delicious tofu hand roll "salad" you can eat with a fork!

Sweet Sushi Rice

measure + boil + stir

Measure and combine **1 cup rice** and **2 cups water** in a small pot over medium heat and cover with a lid. The lid is important to create steam within the pot. Steam will give the rice a fluffy texture. Boil for roughly

15 minutes or until all the water is absorbed and small holes appear at the surface of the rice. Season with **1 pinch of salt**, **1 tablespoon honey**, and **1 tablespoon rice vinegar**. Stir gently with a fork or wooden spoon, cover, and reserve for later.

Smashed Cucumber Iced Green Tea

smash + measure + steep

Place **2 cucumbers** into a large pitcher with **1/2 cup of honey**. Start smashing the cucumbers with a wooden spoon until they are chunky and mashed. You are trying to create a "no cook" cucumber simple syrup. Measure and add **4 cups warm water** and stir. Then, add **2 decaf green tea bags**. Place the pitcher in a warm or sunny place for 15 minutes or more to steep.

scrumptious science

Steeping is when you allow tea or other flavorful ingredients to soak in water and transfer their flavor to the water. Steeping can be a quick process by boiling the water you are using.

strain + pour

Strain the cucumber tea and remove the tea bags. The removed cucumbers make for a yummy snack. Pour the tea into cups over ice and enjoy!

Featured Ingredient: Tofu!

Hi! I'm Tofu!

"I'm also called "bean curd" because "tofu" (TOH-foo) is made from soybeans. I'm a great substitute for meat and eggs in many recipes, while my spongy texture absorbs the flavors of a dish's marinade, sauce, or seasoning!"

History & Etymology

Sources disagree on when the making of tofu began. Some say it was discovered about 2,000 years ago in China during the Han dynasty, and some say it was closer to 1,000 years ago. Legend says that Prince Liu An found the process for making tofu during the Han dynasty. Whether he did or the invention was just attributed to him, the Han dynasty tofu may not have resembled what we have now.

Another theory for tofu's discovery is ascribed to the addition of impure sea salt to a boiled soybean mixture that caused the concoction to curdle. Some also believe the credit goes to borrowed milk-curdling techniques from the Mongolians or East Indians.

Zen Buddhist monks introduced "Chinese tofu" to Japan in the late 8th century, where it was used as a replacement for meat and fish. Chinese immigrants brought tofu to Southeast Asia sometime between the 10th and 11th centuries.

In the United States, tofu was first mentioned by Benjamin Franklin in letters written to two different people. He had tried it in London and referred to it as Chinese "cheese" made from soybeans.

The first tofu factory in the United States was established in 1878. The oldest currently running tofu company is Ota Tofu in Portland, Oregon, founded in 1911.

The word "tofu" comes from the Japanese "tōfu," from the Chinese "dòufu," from "dòu" ("beans") and fǔ ("rot").

How to Select & Eat

The types of tofu you can buy are silken or soft, medium (regular or medium-firm), firm, and extra firm. Silken or soft tofu has not been pressed and has a higher moisture content than firmer tofu. It is similar to yogurt or pudding or a soft, early cheese. You can use it to make smoothies or as a replacement for eggs. Medium tofu is a popular type, referred to as just "tofu" on some labels. It has a porous texture that is good for mopping up sauces.

Firm tofu has been drained and pressed but still has a high moisture content. Its outside texture is similar to raw meat, and when you press it, it will bounce back. The inside is similar to a firm custard. Firm tofu is versatile to cook and can be pan-fried, deep-fried, or stir-fried.

Extra-firm tofu has had a larger amount of liquid pressed out, and its texture is closer to fully-cooked meat. Therefore, it is a suitable replacement for meat and can be pan-fried, deep-fried, or stir-fried. You can also serve it cold or add it to soup. Extra-firm tofu does not absorb liquid as well as firm tofu, so if you use a marinade, choose medium or firm tofu.

Tofu benefits from being frozen before cooking. Freezing tofu removes more of the liquid and gives it a stronger, firmer, and more meat-like texture. When you cook with frozen tofu, it will not fall apart as easily. Freezing also helps tofu to last longer, and it works with most forms but may be more difficult with the silken type.

To freeze tofu, drain the liquid from the package, then remove the block and gently squeeze out any remaining liquid with a paper or kitchen towel (you do not need to press it). Cut it into the size needed for your recipe. If you will be using a portion of a tofu block, separate what you are using, then put the pieces, not touching, on a tray covered with plastic wrap. After the tofu freezes, in about five hours or overnight, you can transfer it to a freezer-safe airtight container or bag. Frozen tofu may not need to be thawed before cooking, depending on your recipe. If you want to thaw it first, let it sit in the refrigerator for a few hours or overnight, or if needed more quickly, run warm water over it.

Nutrition

Tofu is high in protein, which makes it a great meat substitute. Firm tofu has more protein than silken or soft tofu. It also has a higher fat content.

Tofu is considered a complete protein, containing all nine essential amino acids.

Tofu has a good amount of calcium, iron, potassium, and manganese. It can help strengthen bones, lower cholesterol, and prevent coronary heart disease.

People allergic to soy should not consume tofu, which is made from soybeans.

