

Crouquettes with tofu and vegetables

INGREDIENTS

4 portion(s)

400 g	Tofu
30 g	Carrot
2 piece	Shiitake mushrooms
5 piece	Green beans
1 tsp	Salt
1 tsp	Sugar
1	Egg
1.5 tbsp	Potato starch
	Mustard
	Kikkoman Naturally Brewed Less Salt Soy Sauce

PREPARATION

Step 1

Put something heavy on tofu and leave it with this weight on for 1-2 hours. Remove moisture. Chop carrot and green beans into strips of 3 cm length and precook. Remove stems from shiitake and slice thinly.

Step 2

Process tofu in food processor until smooth, add salt, sugar, egg and potato starch. Mix well. Add precooked beans and carrots and shiitake. Mix all ingredients well. Form small balls and fry at 170°C. Turn few times and fry until golden brown for around 6 minutes. Drain on kitchen paper.

Step 3

Serve hot with mustard and Kikkoman Naturally Brewed Less Salt Soy Sauce.