Baked Tofu Katsu with Edamame Rice

8 tofu cutlets with edamame rice; 2 cutlets per serving | Active 35 min | Cook 35 min | Total 65 min

Ingredients

• 2 blocks extra-firm calcium-set tofu, drained (800 g total drained weight)

• 1 1/3 cups dry long-grain white rice (250 g), rinsed

• 2 cups water (480 ml/480 g), for rice

• 2 cups frozen shelled edamame (300 g)

• 1/2 teaspoon fine salt (3 g), divided

• 2 tablespoons neutral vegetable oil (30 ml/28 g)

• 1 2/3 cups panko breadcrumbs (100 g)

• 1/2 cup all-purpose flour (60 g)

• 6 tablespoons water (90 ml/90 g), for coating

• 1/4 cup tomato ketchup (60 g)

• 1 tablespoon reduced-sodium soy sauce (15 ml/16 g)

• 1 tablespoon rice vinegar (15 ml/15 g)

• 2 teaspoons brown sugar (8 g)

Set out

Rimmed metal baking tray and baking paper, Medium saucepan with lid, 10-inch/25 cm skillet, Two shallow coating dishes, Clean kitchen towel

Allergens

Soy, Wheat. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C and line the metal tray with baking paper. Wrap drained tofu in a clean towel, place a board on top and press gently for 15 minutes. Cut each block into four broad slabs.

2. While tofu presses, combine rice, 2 cups water and 1/4 teaspoon salt in the saucepan. Bring to a boil, cover and cook on very low heat for 15 minutes. Scatter frozen edamame over the rice, cover again and cook 5 minutes more, until rice is tender and edamame is fully cooked; follow the edamame package if it requires longer than 5 minutes. Keep the pan covered and add a tablespoon of hot water if the rice becomes dry before the beans finish. Remove from heat and rest covered 10 minutes; follow package instructions if your rice requires different hydration.

3. Heat oil in the skillet over medium heat. Add panko and stir for 4–5 minutes, until evenly golden, then spread in a shallow dish. In the second dish, whisk flour with the 6 tablespoons water and remaining 1/4 teaspoon salt to make a smooth thin coating.

4. Blot tofu dry. Dip each slab in flour slurry, let excess drip away, then press into golden crumbs on all sides. Place in one layer on the tray. Bake 25–30 minutes, carefully turning once halfway, until crisp and hot through.

5. Whisk ketchup, soy sauce, vinegar and brown sugar until sugar dissolves. Fluff rice and edamame together. Serve each person one-quarter of the rice, two cutlets and one-quarter of the sauce, kept beside the crust.

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Estimated nutrition per serving

Calories: 830 kcal | Protein: 52.0 g | Carbohydrate: 98.1 g | Fat: 28.6 g | Fiber: 10.3 g. One of 4 servings. Batch yield: 8 tofu cutlets with edamame rice; 2 cutlets per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A cutlet is the useful unit

Keep the eight cutlets intact during storage and slice them only at serving. The crumb coating protects the broad faces, while a row of pre-cut strips has far more exposed edges to dry out. Count two cutlets into each of four meal containers before dividing the rice.

A useful detail

The recipe is calculated assuming all coating and crumbs are used. Press stray crumbs onto the cutlets rather than adding an uncounted extra handful to the tray.

Another way

For a simpler side, omit edamame and stir 300 g cooked green peas through the rice instead; the nutrition estimate will change.

Use 60 g barbecue sauce in place of the ketchup mixture for a different dip, checking its allergens and sweetness.

Keep it well

Cool and refrigerate cooked rice/edamame in shallow portions within 1 hour and use within 24 hours of the rice being cooked; reheat once, covered with a little water, to 165°F/74°C throughout, then eat immediately. Do not store it for another reheating. Refrigerate tofu and sauce separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat tofu in a 375°F/190°C oven until its center reaches 165°F/74°C. Pack cold with two cold sources. The crumbs are crispiest on the first day.