



Furikake Tofu Katsu

INGREDIENTS

- 1 (14 - 16oz) block firm or extra-firm tofu (drained)
- 1 Teaspoon Shoyu
- 1 Teaspoon Rice Vinegar
- 1/4 Teaspoon Sugar
- 1 Teaspoon Oil
- 1/3 Cup Cornstarch
- 2 Large Eggs (beaten)
- 1 1/2 Cups Panko
- 2 Tablespoons Furikake
- 1/2 Teaspoon Garlic Powder
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Black Pepper

INSTRUCTIONS

1. **Prep tofu:** Pat dry and cut the block into 4 slabs (or 8 smaller cutlets). Press quickly by sandwiching between towels and a skillet for 5 minutes just to remove surface moisture.
2. **Season:** Whisk shoyu, vinegar, and sugar. Brush both sides of the tofu.
3. **Set up dredge:** Put cornstarch in one dish; beaten eggs in a second; mix panko, furikake, garlic powder, salt, and pepper in a third.
4. **Coat:** Dust tofu lightly in cornstarch (shake off excess), dip in egg, then firmly press into the furikake-panko so it's fully coated.
5. **Pan-fry:** Heat a thin layer of oil in a large skillet over medium-high. Fry cutlets 2–3 minutes per side until golden and crisp. Drain on a rack or paper towel.
6. **Serve:** Slice tofu katsu into strips. Pile over rice or cabbage, drizzle with katsu sauce, and sprinkle more furikake. Add lemon if you like.

For additional recipes, visit [HawaiiStateFCU.com/Bites-on-a-Budget](https://www.hawaiiStateFCU.com/Bites-on-a-Budget)

This special Bites on a Budget recipe was created by Relle Lum, local chef and owner of popular recipe blog Keeping It Relle. Visit her site [KeepingItRelle.com](https://www.KeepingItRelle.com) for tips on this recipe or for more delicious, budget-friendly dishes!