

## Soy-Simmered Tofu Dumplings with Zucchini and Tomato

Makes: 4 servings

Time: 30 minutes

The idea of dumplings might seem heavy-ish for summer, but when silken tofu is involved and the poaching liquid is studded with seasonal vegetables, you end up with seasonally appropriate comfort fare (even though I sort of don't like that cooking cliché!). The gingery, lemony, slightly sweet simmering liquid is plenty bright but to lighten things up even more, substitute vegetable stock or seaweed broth (*kombu dashi*) for the water and soy sauce in Step 4.

### Ingredients

- 2 tablespoons good-quality vegetable oil
- 1 pound zucchini
- 1 large tomato
- 1 small onion
- 2 inches fresh ginger
- 1 lemon
- 1/4 cup soy sauce, plus more to taste
- 2 tablespoons brown sugar
- 12 to 16 ounces firm silken tofu (1 package)
- 1 1/4 cup flour, plus more if needed
- 2 tablespoons white or yellow miso
- 2 tablespoons toasted sesame seeds
- Salt and pepper
- Several sprigs fresh herbs for garnish (like Thai basil, chives, or cilantro)

### Instructions

1. Put 2 tablespoons of vegetable oil in a large skillet over medium-low heat. Trim and chop the zucchini, add it to the skillet and raise the heat to medium-high. Cook, stirring occasionally until it sizzles, about 3 minutes. Then lower the heat to medium and cook, stirring occasionally, until the pieces crisp and brown in places, 5 to 10 minutes.

2. While the zucchini cooks, core and chop the tomato. Trim, peel, halve, and slice the onion. Peel and chop the ginger. Halve the lemon and keep it handy.

3. Drain any liquid from the tofu and put it in a large bowl with the miso and sesame seeds. Stir and fold with a rubber spatula until smooth. The mixture should look like cookie dough. If it's too loose, add more flour 1 tablespoon at a time.

4. When the zucchini is ready, add the tomatoes, onion, and ginger and return the heat to medium-high. Cook, stirring frequently, until the vegetables soften, about a minute. Then add the soy sauce, brown sugar, and 3 cups water. Stir to scrape up any browned bits and bring the mixture to a boil.

4. Use two large spoons to drop the tofu mixture into the broth, forming 12 dumplings the size of small biscuits. (It's OK if you don't make exactly 12.)

5. Adjust the heat so the broth bubbles steadily but not too wildly. Cover the skillet and cook undisturbed until the dumplings expand, become firm, and absorb broth all the way to their centers, 5 to 10 minutes. (You'll have to peek into one to check.) Use this time to chop the herbs.

6. Squeeze the juice from the lemon into the simmering liquid and stir. Taste and adjust the seasoning, adding more soy sauce and some salt and pepper if you like. Scoop the dumplings and vegetables into shallow bowls with a slotted spoon, ladle in some of the broth if you like, garnish with the herbs and serve.

— *From the upcoming How to Cook Everything Fast, 2nd Edition*