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TEST KITCHEN


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Brown Rice Bowl with Crispy Tofu and Vegetables

SERVES 6

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You can substitute firm, extra-firm, or light tofu here.

RICE AND DRESSING

2½ cups short-grain brown rice

3½ cups water

2 teaspoons vegetable oil

Salt

6 tablespoons rice vinegar

6 tablespoons mirin

½ teaspoon sugar

3 tablespoons soy sauce

1 teaspoon grated fresh ginger

**½ teaspoon grated orange zest
plus 1 tablespoon orange juice**

**½ teaspoon grated lime zest
plus 1 tablespoon lime juice**

TOFU AND VEGETABLES

**28 ounces soft tofu, patted dry and cut
into 3-inch-long by ½-inch-thick fingers**

Salt and pepper

¾ cup cornstarch

¼ cup cornmeal

2 tablespoons vegetable oil

**1 (8 by 7½-inch) sheet nori,
crumbled (optional)**

6 radishes, sliced thin

1 avocado, halved, pitted, and sliced thin

**1 cucumber, peeled, halved lengthwise,
seeded, and sliced thin**

4 scallions, sliced thin

1. FOR THE RICE AND DRESSING: Adjust oven rack to middle position and heat oven to 375 degrees. Spread rice in 8-inch square baking dish.

2. Bring water and oil to boil, covered, in small saucepan over high heat. Once boiling, stir in ½ teaspoon salt and immediately pour over rice in

baking dish. Cover dish tightly with double layer of aluminum foil. Transfer baking dish to oven and bake until rice is tender, about 1 hour.

3. Remove baking dish from oven and uncover. Fluff rice with fork, then cover dish with clean dish towel; let rice stand 5 minutes. Uncover and let rice stand 5 minutes longer. Reduce oven temperature to 200 degrees.

4. Meanwhile, bring vinegar, mirin, and sugar to boil in now-empty saucepan, then remove from heat. Measure ⅓ cup vinegar mixture into small bowl and whisk in soy sauce, ginger, orange zest and juice, and lime zest and juice; set aside. Transfer cooked rice to large bowl, sprinkle with remaining vinegar mixture, and let cool, stirring occasionally, about 20 minutes.

5. FOR THE TOFU AND VEGETABLES: While rice cools, spread tofu over paper towel-lined baking sheet and let drain for 20 minutes. Gently press tofu dry with paper towels and season with salt and pepper.

6. Line large plate with paper towels and transfer to oven. Set wire rack inside rimmed baking sheet. Whisk cornstarch and cornmeal together in shallow dish. Working with several pieces of tofu at a time, coat thoroughly with cornstarch mixture, pressing to help coating adhere, and transfer to prepared wire rack.

7. Heat 1 tablespoon oil in 12-inch nonstick skillet over medium-high heat until shimmering. Carefully add half of tofu and cook until crisp and lightly golden, 10 to 12 minutes; transfer to plate in oven to keep warm. Repeat with remaining oil and tofu.

8. Portion rice into 6 individual serving bowls and sprinkle with nori, if using. Top with tofu, radishes, avocado, and cucumber. Sprinkle with scallions and drizzle with reserved dressing. Serve, passing remaining nori separately.

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