

Japan Class Series

Saturday, February 17th from 4-6PM

Cooking Class—Yudofu Hot Pot Dish



258 N Palm Canyon Dr., Palm Springs
RSVP:760-537-3838

Japan Class Series

Cooking Class—Yudofu

What is Yudofu?

Buddhist Priest Hot Pot

Yudofu was originally eaten by **Buddhist priests** who were **not** allowed to eat **meat or fish**, and **tofu** was a precious source of **protein** for them.

The **warmth** of the **broth**, the **sweetness** of the **tofu** and the **savoriness** of the **green onions** are perfect for keeping the cold at bay.

Yudofu is **seasonal** and made with local ingredients making each **regional recipe unique**.



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What is Yudofu?

Warm yudofu is eaten with a variety of sauces

- **Dashi**, or broth, infused soy sauce
- **Ponzu** sauce

Both are often sprinkled with:

- **Scallions**
- **Mitsuba**
- **Togarashi**

Fresh tofu is best for making yudofu, but store-bought regular tofu can also be used, as long as its **texture** is between **silken and firm**.



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How to make Yudofu?

Pot Recipe:

- Dashi Kombu (seaweed)

Or

- Tsuyu Dashi
- Tofu
- Napa cabbage
- Green onion
- Shitake mushroom

Dipping Sauce Recipes:

- Ponzu sauce
- Grated daikon radish

Or

- Tsuyu Dashi
- Sesame seed
- Green onion



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In-Store

9.5"D CAST IRON NABE Pot	\$44.95
GS800 Gas Burner	\$27.95
KKM Hon Tsuyu Shiro Dashi 17oz	\$ 7.95
KKM Ponzu Sauche Lemon 10oz	\$ 3.95
Togarashi	\$ 2.95

