

豆腐ハンバーグ 大根おろしソース Tofu hamburger steak with radish sauce

2人分 所要時間：50分	Serves 2 persons Time: 50 minutes
材料	Ingredients
挽き肉・・・・・・・・・・120グラム (豚のみまたは牛豚あいびき)	Minced meat 120g (pork only or beef and pork mixed)
豆腐(木綿・絹ごしどちらでも) 100g	Tofu (any kind) 100g
玉ねぎ・・・・・・・・・・1/2個	Onion 1/2
パン粉・・・・・・・・・・1/3カップ	Bread crumbs 1/3 cup
塩・こしょう	Salt and pepper
大根・・・・・・・・・・2センチ	White radish 2cm
ポン酢しょうゆ・・・・・・・・・・大さじ3	Citrus flavor soy sauce 3 tbsp
砂糖・・・・・・・・・・大さじ1	Sugar 1 tbsp
みりん・・・・・・・・・・大さじ1	Mirin 1 tbsp
油・・・・・・・・・・大さじ1×2	油 2 x 1tbsp

How to make

1. Chop onion. Stir fry the chopped onions with 1tbsp oil in a frying pan until they are brownish. If you do not have time, you can put the chopped onion in a heat-resistance bowl, half-cover with plastic wrap and heat it in microwave for 3 minutes. (In this case, add 1tbsp oil and mix before heating)
2. Cool the fried (or heated in microwave) onions in a bowl. Add bread crumbs and mix. Then add tofu and mix well again. Lastly, add minced meat, salt and pepper. Do not mix minced meat directly into hot onions!
3. Divide the mixture into two and shape each into a disk. The thickness should be around 1.5 to 2cm.
4. Heat a frying pan with medium fire, put in 1tbsp oil and fry the steaks both sides until they are nicely brown and cooked inside. (To check if the inside of the steaks is cooked, stick a chopstick into one steak and pull it out. If there is no pink juice comes out, it's cooked) Serve the steaks on plates.
5. Quickly make sauce before the steaks get cold. Grate the white radish. Add citrus flavored soy sauce, sugar, mirin into the frying pan that you used for frying steaks and heat the mixture. When the sauce is heated, add grated radish. Mix well and pour the sauce on steaks. Done!